

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Green Hills Store, South Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about low sodium foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

### Baby & Infant Food

#### Stonyfield Farm

- YoBaby Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

### Baking Needs (Cont'd)

#### Fearn

- Raw Wheat Germ

#### Lake Champlain Chocolates

- Unsweetened Cocoa

#### Mothers

- Toasted Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Fresh Squeezed Grapefruit Juice

## **Beverages (Cont'd)**

### **365 Every Day Value™**

- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

### **Ceres Fruit Juices**

- Papaya Juice

### **Knudsen**

- Low Sodium Veggie Juice

### **Lakewood Juice**

- Organic Pure Carrot Juice

### **Looza Fruit Juices**

- Mango Nectar Juice

### **Orangina**

- Sparkling Citrus Beverage

## **Bread**

### **365 Organic Every Day Value™**

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

### **Berli**

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

### **Food For Life**

- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

## **Bread (Cont'd)**

### **French Meadow Bakery**

- European Sourdough Rye Bread

## **Canned Goods**

### **Crown Prince**

- Low Salt Kipper Snacks

### **Eden Foods**

- Adzuki Beans
- Black Beans
- Cannellini Beans
- Garbanzo Beans
- Kidney Beans
- Navy Beans
- Organic Black Soy Beans
- Pinto Beans

### **Santa Cruz Organic**

- Cinnamon Applesauce Cup
- Organic Blackberry Applesauce

### **Westbrae**

- Organic Black Beans
- Organic Kidney Beans
- Organic Pinto Beans

## **Canned/Jarred Goods**

### **365 Every Day Value™**

- 100% Pure Pumpkin
- Apricot Halves in Pear Juice
- Solid White Albacore Tuna w/No Salt Added
- Tongol Tuna, No Salt
- Tongol Tuna, with Salt

### **365 Organic Every Day Value™**

- Black Beans

## **Cereal**

### **365 Organic Every Day Value™**

- High Fiber Cereal
- Oat & Honey Granola

### **Barbara's Bakery**

- Honey Rice Puffins Cereal

## Cereal (Cont'd)

### Bob's Red Mill

Rolled Hot 7 Grain Cereal  
Thick Rolled Oats

### Nature's Path

Hemp Plus Granola

### Old Wessex

Oat Bran Hot Cereal

## Cheese

### Organic Valley

Organic Mozzarella

### Vermont Butter-Cheese

Quark Cheese

## Chips, Pretzels and Snacks

### Garden Of Eatin

Blue Corn Sesame Chips  
Salted Blue Corn Chips

### Kettle Brand®

Potato Chips, Unsalted 5 oz

### Newman's Own Organic

Unsalted Round Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned

### Briannas

Real French Vinaigrette

### Westbrae

Dijon Mustard  
Stoneground Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Country Choice

Chocolate Creme Sandwich Cookies  
Vanilla Creme Sandwich Cookies

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies  
Montana's Chocolate Chip Cookies

### Mi-Del

Chocolate Snap Cookies

### Midel

Lemon Snap Cookies  
Vanilla Snap Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies  
Alphabet Cinnamon Cookies  
Chocolate Creme Filled Cookies  
Mint Creme Filled Cookies  
Organic Chocolate Chip Cookies  
Organic Espresso Chocolate Chip Cookies  
Organic Orange Chocolate Chip Cookies  
Organic O's Cookies

### Walkerscottish Cookies

Shortbread Fingers

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Edward & Sons

Brown Rice Snaps, Onion Garlic  
Brown Rice Snaps, Unsalted Sesame  
Organic Brown Rice Snaps, Black Sesame  
Organic Brown Rice Snaps, Cheddar  
Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Vegetable

### Health Valley

Fat Free Whole Wheat Crackers

### Nejames

Original Crispbread

## Dairy

### 365 Every Day Value™

- 2% Milk
- Skim Milk

### Coach Dairy

- Goat Milk Yogurt Drink
- Strawberry Yogurt Drink

### Erivan Yogurt

- Plain Yogurt

### Helios Nutrition

- Organic Vanilla Kefir

### Horizon

- Chocolate Milk, Single Serve

### Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

### Lifeway

- Fat Free Strawberry Kefir

### Organic Valley

- Organic Neufchatel

### Stonyfield Farm

- Organic Banana Berry Yogurt Smoothie, 10 oz
- Organic Cream Top French Vanilla Yogurt, 32 oz
- Organic Cream Top Plain Yogurt, 32 oz
- Organic Cream Top Strawberries & Cream Yogurt, 6 oz
- Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz
- Organic Fat Free Chocolate Underground Yogurt, 6 oz
- Organic Fat Free French Vanilla Yogurt, 6 oz
- Organic Fat Free Peach Yogurt, 6 oz
- Organic Fat Free Plain Yogurt, 32 oz
- Organic Fat Free Plain Yogurt, 6 oz
- Organic Fat Free Strawberry Yogurt, Fruit on the Bottom, 6 oz
- Organic Low Fat Caramel Yogurt
- Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz
- Organic Low Fat Plain Yogurt, 32 oz

## Dairy (Cont'd)

### Stonyfield Farm

- Organic Low Fat Plain Yogurt, 6 oz
- Organic Low Fat Strawberry Yogurt, 32 oz
- Organic Low Fat Vanilla Yogurt
- Organic Low Fat Vanilla, 32 oz
- Organic O'Soy Strawberry/Peach Yogurt, 6-pack
- Organic Raspberry Yogurt Smoothie, 10 oz
- Organic Strawberry Yogurt Smoothie, 10 oz
- Organic Strawberry Yogurt Smoothies, 4 pack
- Organic Vanilla Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothies, 4 pack
- YoBaby Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt
- YoKids Squeezers Cherry/Berry Blitz
- YoKids Squeezers Screamin' Strawberry
- YoKids Strawberry BaNilla Blast Yogurt
- YoKids Strawberry Vanilla Raspberry Yogurt

### White Wave

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Vanilla Soy Yogurt

### Whole Soy

- Plain Soy Yogurt
- Soy Yogurt - Strawberry
- Vanilla Soy Yogurt

## Dairy Alternatives

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

- Chocolate Pudding
- Rice Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Entrees and Mixes

### Rice Select

- Risotto Rice

## Ethnic Foods

### Eden Foods

- Organic Sesame Garlic Shitake

## Frozen Foods

### 365 Every Day Value™

- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries
- Frozen Fruit Whole Strawberries
- Frozen Sliced Peaches

### 365 Organic Every Day Value™

- Crinkle Cuts
- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

### Ben And Jerrys

- Deep Dark Chocolate Ice Cream
- Vanilla Ice Cream

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles

## Grains and Rice

### Rice Select

- Brown Rice Sesame Thins
- White Rice

## Jams and Nut Butters

### 365 Every Day Value™

- Fruit Spread Imported Apricot
- Fruit Spread Imported Black Cherry
- Fruit Spread Imported Blackberry
- Fruit Spread Imported Raspberry
- Fruit Spread Imported Strawberry

### Bionaturae

- Organic Blueberry Fruit Spread
- Organic Peach Fruit Spread
- Organic Wild Berry Fruit Spread

### Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Prepared Foods

### Rapunzel

- No Salt Vegetable Bouillon

## **Sauces, Salsas and Dips**

### **Enricos Sauces**

- Hot Chunky Salsa
- Mild Picante Salsa

### **Green Mountain Gringo**

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

## **Soups**

### **Health Valley**

- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- No Salt Chicken Broth
- Organic Tomato No Salt Soup
- Potato Leek Soup - No Salt
- Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

- Blackstrap Molasses

### **Wholesome Foods**

- Organic Blackstrap Molasses