

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Poplar 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 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

#### Fearn

- Raw Wheat Germ

### Baking Needs (Cont'd)

#### Mothers

- Toasted Wheat Germ

### Beverages

#### 365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

### Ceres Fruit Juices

- Guava Juice
- Papaya Juice

### Droste

- Imported Cocoa

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

### **Knudsen**

Low Sodium Veggie Juice

### **Lakewood Juice**

Organic Pure Carrot Juice

### **Martinellis**

Apple Juice

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### **Berli**

Sprouted Spelt Bread

White Spelt Bread

### **Food For Life**

Bran Bread

Cinnamon Raisin Bread

Ezekiel Bread, Low Salt

Organic 7 Grain Bread

Organic Ezekiel Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

European Sourdough Rye Bread

## **Canned Goods**

### **Crown Prince**

Low Salt Kipper Snacks

### **Eden Foods**

Adzuki Beans

Cannellini Beans

Navy Beans

Organic Black Soy Beans

### **Minerva**

Whole Roasted Chestnuts

## **Canned Goods (Cont'd)**

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

### **Westbrae**

Organic Black Beans

Organic Garbanzo 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

### **Bob's Red Mill**

Rolled Hot 7 Grain Cereal

Thick Rolled Oats

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Hemp Plus Granola

### **Old Wessex**

Oat Bran Hot Cereal

### **Perky's**

Nutty Rice Cereal

### **Us Mill**

Uncle Sam Cereal

## **Chips, Pretzels and Snacks**

### **Garden Of Eatin**

Blue Corn Sesame Chips  
Salted Blue Corn Chips

### **Kettle Brand®**

Potato Chips, Unsalted 5 oz

## **Condiments**

### **365 Organic Every Day Value™**

Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned

### **Annie's Naturals**

Thousand Island Dressing

### **Briannas**

Real French Vinaigrette

### **Westbrae**

Dijon Mustard  
Stoneground Mustard  
Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **Country Choice**

Duplex Sandwich Cookies  
Vanilla Creme Sandwich Cookies

### **Health Valley**

Fat Free Chocolate Chip Granola Bars  
Strawberry Cereal Bars

### **Kinnikinnick**

KinniKritters Animal Cookies  
KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies

### **Mi-Del**

Chocolate Snap Cookies

### **Midel**

Lemon Snap Cookies  
Vanilla Snap Cookies

## **Cookies and Snack Bars (Cont'd)**

### **Newman's Own Organic**

Chocolate Creme Filled Cookies  
Mint Creme Filled Cookies  
Organic Chocolate Chip Cookies  
Organic Espresso 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, Tamari Sesame  
Brown Rice Snaps, Unsalted Sesame  
Organic Brown Rice Snaps, Toasted Onion

### **Health Valley**

Fat Free Whole Wheat Crackers

### **Scand**

Bran Crispbread

## **Dairy**

### **365 Every Day Value™**

2% Milk  
Skim Milk

### **Erivan Yogurt**

Plain Yogurt

### **Helios Nutrition**

Organic Peach Kefir  
Organic Plain Kefir  
Organic Vanilla Kefir

### **Lactaid**

Lactaid Milk, 2%  
Lactaid Milk, Whole

### **Lifeway**

Fat Free Strawberry Kefir

## Dairy (Cont'd)

### 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  
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 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 Drinkable Yogurt, Banana  
YoBaby Drinkable Yogurt, Peach  
YoBaby Peach/Pear Yogurt  
YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt

## Dairy (Cont'd)

### Stonyfield Farm

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  
Tapioca Pudding

### Oetker

Organic Chocolate Pudding  
Organic Coconut Pudding  
Organic Mocha Pudding  
Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Sesame

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach  
Frozen Fruit Whole Raspberries  
Frozen Fruit Whole Strawberries

## Frozen Foods (Cont'd)

### 365 Every Day Value™

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

### 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

### Cascadian Farm

Organic Blackberry Fruit Spread  
Organic Blueberry Fruit Spread

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Black Cherry Preserves  
Blackcurrant Preserves

## Jams and Nut Butters (Cont'd)

### St. Dalfour

Blueberry Preserves  
Orange Marmalade  
Peach Preserves  
Plum Preserves  
Red Raspberry Preserves

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

No Boil Lasagna

## Prepared Foods

### Rapunzel

No Salt Vegetable Bouillon

## Sauces, Salsas and Dips

### Enricos Sauces

Mild Picante Salsa

### Green Mountain Gringo

Chile Salsa  
Garlic Salsa  
Hot Salsa  
Medium Salsa  
Mild Salsa

## Soups

### Health Valley

Black Bean Soup - No Salt  
Minestrone Soup - No Salt  
Mushroom Barley Soup - No Salt  
No Salt Chicken Broth  
Organic Tomato No Salt Soup

## **Soups (Cont'd)**

### **Health Valley**

Potato Leek Soup - No Salt

Split Pea Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses