

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Hollywood Store, Southern Pacific 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 Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Fearn

- Raw Wheat Germ

### Baking Needs (Cont'd)

#### Mothers

- Toasted Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

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

#### Bionaturae

- Organic Pear Nectar Juice

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

### **Ceres Fruit Juices**

Guava Juice  
Papaya Juice

### **Knudsen**

Low Sodium Veggie Juice

### **Lakewood Juice**

Organic Pure Carrot Juice

### **Martinellis**

Apple Juice

### **Orangina**

Sparkling Citrus Beverage

### **Vruit**

Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

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

### **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

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Carrot Raisin Bread  
Millet Rice Bread

### **Pacific Bakery**

Kamut Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Eden Foods**

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

### **Minerva**

Whole Roasted Chestnuts

### **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  
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

## Cereal (Cont'd)

### Erewhon

Maple Oatmeal

### Health Valley

Cranberry Crunch Cereal  
Oat Bran with Raisin Flakes  
Organic Blue Corn Flakes  
Organic Golden Flax Cereal

### Kashi

Cinna-Raisin Crunch Cereal

### Nature's Path

Hemp Plus Granola  
Organic Puffed Corn Cereal

### Old Wessex

Oat Bran Hot Cereal

### Us Mill

Uncle Sam Cereal

## Cheese

### Alta Dena Dairy

Raw Milk Goat Cheese

### Organic Valley

Organic Mozzarella

## Chips, Pretzels and Snacks

### Garden Of Eatin

Black Bean Chili Chips  
Blue Corn Sesame Chips  
Salted Blue Corn Chips

### Kettle Brand®

Potato Chips, Unsalted 5 oz

### Newman's Own Organic

Unsalted Round Pretzels

### Newman's Own Organics

Pretzel Nuggets

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

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

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Grey Poupon

Dijon Mustard

### Hain Pure Food

Light Safflower Mayonnaise

### Newman's Own

Steak Sauce

### The Ojai Cook

Light Lemonaise

### Westbrae

Dijon Mustard  
Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Abigails

Ginger Snap Cookies

### Brent And Sams

Oatmeal Raisin Cookies

### Health Valley

Fat Free Chocolate Chip Granola Bars  
Oat Bran Graham Crackers

### Kinnikinnick

Montana's Chocolate Chip 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 Double Chocolate Mint Chip Cookies
- Organic Espresso Chocolate Chip Cookies
- Organic Orange Chocolate Chip Cookies
- Organic O's Cookies

### St Amour

- Low Fat Cinnamon Cookies
- Rock and Roll Chocolate Cookies

### Walkerscottish Cookies

- Shortbread Rounds

## Crackers

### 365 Every Day Value™

- Unsalted Tops Saltines

### Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Brown Rice Snaps, Tamari Seaweed
- Organic Brown Rice Snaps, Black Sesame
- Organic Brown Rice Snaps, Cheddar
- Organic Brown Rice Snaps, Toasted Onion
- Organic Brown Rice Snaps, Unsalted Plain
- Organic Brown Rice Snaps, Vegetable

### Health Valley

- Low Fat Cracked Pepper Crackers

### Wasa Crispbread

- Fiber Plus Crispbread

## Dairy

### Helios Nutrition

- Organic Plain Kefir
- Organic Vanilla Kefir

### Horizon

- Chocolate Milk, Single Serve
- Organic Neufchatel Spreadable Cheese
- Organic Raspberry Yogurt
- Organic Strawberry Yogurt

## Dairy (Cont'd)

### Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

### Stonyfield Farm

- 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 Vanilla Yogurt
- Organic Low Fat Vanilla, 32 oz
- 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 Smoothies, 4 pack
- YoBaby Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Simply Plain Yogurt
- YoKids Squeezers Cherry/Berry Blitz
- YoKids Squeezers Screamin' Strawberry
- YoKids Strawberry Vanilla Raspberry Yogurt

## Dairy (Cont'd)

### 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
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding

## Entrees and Mixes

### Fantastic Foods

- Whole Wheat Couscous

## Ethnic Foods

### Eden Foods

- Organic Sesame Garlic Shitake

### Edward & Sons

- Brown Rice Snaps, Tamari Seaweed

## Frozen Foods

### 365 Every Day Value™

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

## Frozen Foods (Cont'd)

### 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

- Vanilla Ice Cream

### Breyers

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

### Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Perfect Additions

- Unsalted Beef Stock

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Wild Berry Fruit Spread

### Hero

- Apricot Fruit Preserves

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Cherry Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Plum Preserves

## **Jams and Nut Butters (Cont'd)**

### **St. Dalfour**

Red Raspberry Preserves  
Strawberry Preserves

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **365 Every Day Value™**

No Boil Lasagna

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

Chile Salsa  
Hot Salsa

## **Soups**

### **Health Valley**

Black Bean Soup - No Salt  
Lentil Soup - No Salt  
Minestrone Soup - No Salt  
Mushroom Barley Soup - No Salt  
Organic Black Bean No Salt Soup  
Organic Tomato No Salt Soup  
Potato Leek Soup - No Salt  
Split Pea Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes