

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Kahala Mall Oahu 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 Peach/Pear Yogurt
- YoBaby Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

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

#### Ceres Fruit Juices

- Guava Juice

#### Martinellis

- Apple Juice

### Bread

#### 365 Organic Every Day Value™

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

## Bread (Cont'd)

### Food For Life

- Bran Bread
- 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

### Pacific Bakery

- Kamut Bread

## Candy and Chocolate

### The Ginger People

- Spicy Apple Ginger Chews

## Canned Goods

### Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

### Eden Foods

- Adzuki Beans
- Cannellini Beans

### Marin Food Specialties

- Marinated Artichoke Hearts

### Minerva

- Whole Roasted Chestnuts

### Santa Cruz Organic

- Cinnamon Applesauce Cup

## Canned/Jarred Goods

### 365 Every Day Value™

- 100% Pure Pumpkin
- Solid White Albacore Tuna w/No Salt Added
- Tongol Tuna, No Salt

## Canned/Jarred Goods (Cont'd)

### 365 Every Day Value™

- 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 10 Grain Cereal
- Rolled Hot 7 Grain Cereal

### Nature's Path

- Organic Puffed Corn Cereal

### Perky's

- Nutty Flax Cereal
- Nutty Rice Cereal

### Us Mill

- Uncle Sam Cereal

## Cheese

### 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

## Condiments

### 365 Organic Every Day Value™

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

## Condiments (Cont'd)

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Grey Poupon

Dijon Mustard

### Westbrae

Stoneground Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Abigails

Ginger Snap Cookies

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

### Midel

Lemon Snap Cookies

Vanilla Snap Cookies

### Newman's Own Organic

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic O's 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

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Black Sesame

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

## Crackers (Cont'd)

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Helios Nutrition

Organic Vanilla Kefir

### Horizon

Strawberry Milk, Single Serve

### 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 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 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 Raspberry Yogurt Smoothie, 10 oz

Organic Strawberry Yogurt Smoothies, 4 pack

Organic Wild Berry Yogurt Smoothies, 4 pack

YoBaby Banana/Vanilla Yogurt

YoBaby Blueberry/Apple Yogurt

YoBaby Peach/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

## Dairy (Cont'd)

### Whole Soy

- Plain Soy Yogurt
- 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 Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Entrees and Mixes

### Fantastic Foods

- Whole Wheat Couscous

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Seaweed

### Sushi Sonic

- Wasabi Horseradish

## 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 Foods (Cont'd)

### 365 Organic Every Day Value™

- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

### Haagen-Dazs

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

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

## Jams and Nut Butters

### Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

### St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Orange Marmalade
- Red Raspberry Preserves
- Strawberry Preserves

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

- No Boil Lasagna

### Tinkyada

- Brown Rice Spaghetti

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

No Salt Chicken Broth

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Split Pea Soup - No Salt

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes