

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Thousand Oaks 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 Plus Strawberry/Banana & Raspberry/Pear 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

#### Ceres Fruit Juices

- Guava Juice
- Papaya Juice

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

### **Droste**

Imported Cocoa

### **Knudsen**

Low Sodium Veggie 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  
Croutons, Seasoned  
Tortilla Corn

### **Food For Life**

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

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

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Adzuki Beans  
Black Beans  
Cannellini Beans  
Garbanzo Beans  
Kidney Beans  
Navy 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  
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 10 Grain Cereal  
Thick Rolled Oats

## Cereal (Cont'd)

### Health Valley

Cranberry Crunch Cereal  
Oat Bran Flakes Cereal  
Oat Bran with Raisin Flakes  
Organic Amaranth Flakes

### 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

### Vermont Butter-Cheese

Quark Cheese

## 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

## 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

### 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  
Stoneground Mustard  
Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Abigails

Ginger Snap Cookies

### Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars  
Blueberry Apple Fruit & Yogurt Bars

### Brent And Sams

Chocolate Chip Cookies  
Chocolate Chip Pecan Cookies  
Oatmeal Raisin Cookies  
White Chocolate Macadamia Cookies

### Health Valley

Amaranth Graham Crackers  
Fat Free Chocolate Chip Granola Bars  
Oat Bran Graham Crackers  
Strawberry Cereal Bars

## Cookies and Snack Bars (Cont'd)

### Heavens Scent

Angelica Double Chocolate Cookies  
Thumb-Print Fudge Cookies

### Kinnikinnick

KinniKritters Animal Cookies  
KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies  
Montana's Chocolate Chip Cookies  
S'moreables Graham Style Crackers

### 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 Double Chocolate Mint Chip Cookies  
Organic Espresso Chocolate Chip Cookies  
Organic Orange Chocolate Chip Cookies  
Organic O's Cookies

### Shady Maple

Organic Honey Waffles  
Organic Maple Waffles

### St Amour

Low Fat Cinnamon Cookies  
Low Fat Lemon Vanilla Cookies  
Rock and Roll Chocolate Cookies

### Walkerscottish Cookies

Shortbread Fingers  
Shortbread Rounds

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

## Crackers (Cont'd)

### Edward & Sons

Brown Rice Snaps, Tamari Sesame  
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

Fat Free Vegetable Crackers  
Fat Free Whole Wheat Crackers  
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  
Strawberry Milk, Single Serve

### Lactaid

Lactaid Milk, 2%  
Lactaid Milk, Whole

### Lifeway

Fat Free Raspberry Kefir  
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

## Dairy (Cont'd)

### Stonyfield Farm

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 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 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  
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  
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 Coconut Pudding

#### Santa Cruz Organic

Organic Chocolate Syrup

### Ethnic Foods

#### Edward & Sons

Brown Rice Snaps, Tamari Sesame

#### 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 Raspberries  
Frozen Sliced Peaches  
Frozen Strawberries  
Frozen Wild Blueberries

#### Haagen-Dazs

Coffee Frozen Yogurt  
Mango Sorbet  
Orchard Peach Sorbet  
Vanilla Frozen Yogurt

#### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

## Frozen Foods (Cont'd)

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread

### Hero

- Apricot Fruit Preserves

### Im Health

- Crunchy Soy Nut Butter
- Organic Soy Nut Butter

### St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Plum Preserves
- 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

## Prepared Foods

### Rapunzel

- No Salt Vegetable Bouillon

## Sauces, Salsas and Dips

### Green Mountain Gringo

- Medium Salsa
- Mild Salsa

## Soups

### Health Valley

- 5 Bean Soup- Fat Free
- Corn & Vegetable Soup- Fat Free
- 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
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

## Spices and Seasonings

### Organic Gourmet

- Organic Low Salt Boullion Cubes