

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Oracle 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 Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### 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

#### Knudsen

- Low Sodium Veggie Juice

#### Lakewood Juice

- Organic Pure Carrot Juice

#### Martinellis

- Apple Juice

### Bread

#### 365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar

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

### **365 Organic Every Day Value™**

Tortilla Corn

### **Food For Life**

Bran 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

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Eden Foods**

Adzuki Beans  
Black Beans  
Cannellini Beans  
Navy Beans  
Organic Black Soy 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™**

Oat & Honey Granola

### **Barbara's Bakery**

Honey Rice Puffins Cereal

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

Rolled Hot 10 Grain Cereal  
Rolled Hot 7 Grain Cereal  
Thick Rolled Oats

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Hemp Plus Granola

### **Perky's**

Nutty Rice Cereal

### **Us Mill**

Uncle Sam Cereal

## **Cheese**

### **Organic Valley**

Organic Mozzarella

## **Chips, Pretzels and Snacks**

### **Bearitos**

No Salt Tortilla Chips

### **Garden Of Eatin**

Blue Corn Sesame Chips  
Red Corn Chips  
Salted Blue Corn Chips

## **Chips, Pretzels and Snacks (Cont'd)**

### **Kettle Brand®**

Potato Chips, Unsalted 5 oz

## **Condiments**

### **365 Organic Every Day Value™**

Croutons, Butter & Garlic

Croutons, Caesar

### **Annie's Naturals**

Thousand Island Dressing

### **Briannas**

Real French Vinaigrette

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **Arico**

Double Chocolate Cookies

### **Barbara's Bakery**

Apple Cinnamon Fruit & Yogurt Bars

### **Health Valley**

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

### **Kinnikinnick**

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

### **Midel**

Lemon Snap Cookies

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

Alphabet Chocolate Cookies

Chocolate Creme Filled Cookies

Organic Espresso Chocolate Chip Cookies

Organic O's Cookies

## **Crackers**

### **Edward & Sons**

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

## **Crackers (Cont'd)**

### **Edward & Sons**

Brown Rice Snaps, Unsalted Sesame

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

## **Dairy**

### **Helios Nutrition**

Organic Peach Kefir

### **Horizon**

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Organic Raspberry Yogurt

### **Stonyfield Farm**

Organic Banana Berry Yogurt Smoothie, 10 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 Just Peachy Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Plain Yogurt, 6 oz

Organic Raspberry Yogurt Smoothie, 10 oz

Organic Strawberry Yogurt Smoothies, 4 pack

Organic Vanilla Yogurt Smoothie, 10 oz

## Dairy (Cont'd)

### Stonyfield Farm

Organic Wild Berry Yogurt Smoothies, 4 pack  
YoBaby Banana/Vanilla Yogurt  
YoBaby Peach/Pear Yogurt  
YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt  
YoKids Strawberry BaNilla Blast 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

### Westsoy

Light Plain Soy Beverage

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

Chocolate Pudding  
Rice Pudding  
Tapioca Pudding

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari Sesame

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach  
Frozen Fruit Whole Strawberries

## 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

### Haagen-Dazs

Vanilla Frozen Yogurt

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

### Vans

Mini Waffles

## Jams and Nut Butters

### Bionaturae

Organic Blueberry Fruit Spread

### Im Health

Creamy Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Black Raspberry Preserves  
Blueberry Preserves  
Peach Preserves  
Strawberry Preserves

## Pasta

### Tinkyada

Brown Rice Spaghetti

## Prepared Foods

### Rapunzel

No Salt Vegetable Bouillon

## **Soups**

### **Health Valley**

- 5 Bean Soup- Fat Free
- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- 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