

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Santa Monica 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 Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Fearn

- Raw 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

#### Knudsen

- Low Sodium Veggie Juice

#### Martinellis

- Apple Juice

#### Vruit

- Berry Veggie Juice

## Bread

### 365 Organic Every Day Value™

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

### 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

### Nature's Path

- Carrot Raisin 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

### Santa Cruz Organic

- 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

## Canned/Jarred Goods (Cont'd)

### 365 Every Day Value™

- 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

### Erewhon

- Maple Oatmeal

### Health Valley

- Cranberry Crunch Cereal
- Fiber 7 Flakes
- Oat Bran with Raisin Flakes
- Organic Blue Corn 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

### Vermont Butter-Cheese

- Quark Cheese

## **Chips, Pretzels and Snacks**

### **Garden Of Eatin**

- Black Bean Chili Chips
- Blue Corn Sesame Chips
- Red Corn 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

## **Condiments**

### **365 Organic Every Day Value™**

- Croutons, Butter & Garlic
- 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

### **Westbrae**

- Stoneground Mustard

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

- Fig Bar Cookies

### **Barbara's Bakery**

- Apple Cinnamon Fruit & Yogurt Bars

### **Brent And Sams**

- Oatmeal Raisin Cookies
- White Chocolate Macadamia Cookies

### **Health Valley**

- Apple Cobbler Cereal Bars
- Fat Free Chocolate Chip Granola Bars
- Fat Free Sweet Cherry Tarts

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

### **Health Valley**

- Strawberry Cereal Bars

### **Heavens Scent**

- Angelica Double Chocolate Cookies
- Chocolate Sandwich Cookies
- Premium Chocolate Chip Cookies

### **Kinnikinnick**

- 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 Cinnamon Cookies
- Chocolate Creme Filled Cookies
- Organic Chocolate Chip Cookies
- Organic Espresso Chocolate Chip Cookies
- Organic Orange Chocolate Chip Cookies
- Organic O's Cookies

### **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

### **Edward & Sons**

- Brown Rice Snaps, Onion Garlic
- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Tamari Sesame
- Organic Brown Rice Snaps, Black Sesame
- Organic Brown Rice Snaps, Cheddar

## Crackers (Cont'd)

### Edward & Sons

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  
Low Fat Sesame Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Helios Nutrition

Organic Peach Kefir  
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

### 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 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

## Dairy (Cont'd)

### Stonyfield Farm

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 Low Fat Vanilla Yogurt  
Organic Low Fat Vanilla, 32 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 Drinkable Yogurt, Banana  
YoBaby Drinkable Yogurt, Peach  
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

### 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

## Desserts (Cont'd)

### Oetker

Organic Chocolate Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Ethnic Foods

### Eden Foods

Organic Sesame Garlic Shitake

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

## 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 Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

### Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

### Perfect Additions

Unsalted Beef Stock

Unsalted Chicken Stock

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

### Vans

Mini Waffles

## Jams and Nut Butters

### Im Health

Creamy Soy Nut Butter

Crunchy Soy Nut Butter

### St. Dalfour

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

Peach Preserves

Red Raspberry Preserves

Strawberry Preserves

## 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

### Green Mountain Gringo

Chile Salsa

### Jardines

Peach Medium Salsa

## Soups

### Health Valley

5 Bean Soup- Fat Free

Black Bean Soup - No Salt

Corn & Vegetable Soup- Fat Free

Lentil Soup - No Salt

Minestrone Soup - No Salt

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Split Pea Soup - No Salt

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

### **Health Valley**

Vegetable Soup - No Salt