

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Woodland Hills 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
- YoBaby Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

### Baking Needs (Cont'd)

#### Fearn

- Raw Wheat Germ

#### 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

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

### **Bionaturae**

Organic Pear Nectar Juice

### **Ceres Fruit Juices**

Guava Juice

Papaya Juice

### **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, Cheese & Garlic

Tortilla Corn

### **Food For Life**

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

### **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)**

### **Eden Foods**

Adzuki Beans

Black 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

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

Rolled Hot 5 Grain Cereal

Rolled Hot 7 Grain Cereal

Thick Rolled Oats

### **Health Valley**

Cranberry Crunch Cereal

Fiber 7 Flakes

## Cereal (Cont'd)

### Health Valley

- Oat Bran Flakes Cereal
- Oat Bran with Raisin Flakes
- Organic Amaranth 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

### Perky's

- Nutty Rice 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'

- 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, Cheese & Garlic

### Annie's Naturals

- Thousand Island Dressing

### Grey Poupon

- Dijon Mustard

### Newman's Own

- Steak Sauce

### Westbrae

- Dijon Mustard
- Stoneground Mustard
- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

- Fig Bar Cookies

### Arico

- Double Chocolate Cookies

### Barbara's Bakery

- Apple Cinnamon Fruit & Yogurt Bars
- Blueberry Apple Fruit & Yogurt Bars
- Cherry Apple Fruit & Yogurt Bars

### Health Valley

- Amaranth Graham Crackers
- Fat Free Sweet Cherry Tarts
- Oat Bran Graham Crackers
- Strawberry Cereal Bars

### Heavens Scent

- Spice Windmill Cookies
- Thumb-Print Fudge Cookies

### Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- Montana's Chocolate Chip Cookies

## Cookies and Snack Bars (Cont'd)

### Kinnikinnick

S'moreables Graham Style Crackers

### Mi-Del

Chocolate Snap Cookies

### Midel

Vanilla Snap Cookies

### Newman's Own Organic

Alphabet Chocolate 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

Praline 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

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 Sesame Crackers

## Crackers (Cont'd)

### 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

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Lifeway

Fat Free Strawberry Banana Kefir

Fat Free Strawberry Kefir

### Organic Valley

Organic Neufchatel

### 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 Strawberry Yogurt, 32 oz

## Dairy (Cont'd)

### Stonyfield Farm

- Organic Low Fat Vanilla Yogurt
- Organic Low Fat Vanilla, 32 oz
- Organic O'Soy Strawberry/Peach Yogurt, 6-pack
- 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
- 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
- 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

## Desserts (Cont'd)

### Oetker

- Organic Chocolate Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Entrees and Mixes

### Fantastic Foods

- Whole Wheat Couscous

## Ethnic Foods

### Eden Foods

- Organic Sesame Garlic Shitake

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

### Breyers

- Mint Chocolate Ice Cream

### Haagen-Dazs

- Coffee Frozen Yogurt
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

## Frozen Foods (Cont'd)

### Perfect Additions

Unsalted Beef Stock  
Unsalted Chicken Stock

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

### Vans

Mini Waffles  
Original Blueberry Mini Waffles

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread

### Im Health

Creamy Soy Nut Butter with Honey  
Organic Soy Nut Butter

### St. Dalfour

Black Cherry Preserves  
Black Raspberry Preserves  
Blackcurrant Preserves  
Blueberry Preserves  
Four Fruit Preserves  
Orange Marmalade  
Peach 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

## Sauces, Salsas and Dips

### Green Mountain Gringo

Hot Salsa  
Medium Salsa

## Sauces, Salsas and Dips (Cont'd)

### Green Mountain Gringo

Mild Salsa

## Soups

### Health Valley

Black Bean Soup - No Salt  
Corn & Vegetable Soup- Fat Free  
Lentil Soup - No Salt  
Minestrone Soup - No Salt  
Mushroom Barley Soup - No Salt  
No Salt Chicken Broth  
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

## Sweeteners

### Plantation Molasses

Blackstrap Molasses

### Wholesome Foods

Organic Blackstrap Molasses