

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Lamar Store, Southwest 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Fearn

Raw Wheat Germ

#### Lake Champlain Chocolates

Unsweetened Cocoa

#### Mothers

Toasted Wheat Germ

#### Scharffenberger

Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Italian Lemon Sparkling Water

### Beverages (Cont'd)

#### 365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

Guava Juice

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Pure Carrot 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**

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

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Adzuki Beans  
Cannellini Beans  
Garbanzo Beans  
Kidney Beans  
Navy Beans  
Organic Black Soy Beans  
Pinto Beans

### **Santa Cruz Organic**

Cinnamon Applesauce Cup  
Organic Blackberry Applesauce

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

### **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  
Bamboo Shoots, Sliced  
Solid White Albacore Tuna w/No Salt Added  
Tongol Tuna, No Salt  
Tongol Tuna, with Salt  
Water Chestnuts, Sliced  
Water Chestnuts, Whole

### **365 Organic Every Day Value™**

Black Beans

## **Cereal**

### **365 Organic Every Day Value™**

High Fiber Cereal  
Oat & Honey Granola

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

Rolled Hot 10 Grain Cereal  
Rolled Hot 5 Grain Cereal  
Thick Rolled Oats

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Hemp Plus Granola  
Organic Puffed Corn Cereal

### **Us Mill**

Uncle Sam Cereal

## **Cheese**

### **Alta Dena Dairy**

Raw Milk Goat Cheese

## Cheese (Cont'd)

### Organic Valley

Organic Mozzarella

## Chips, Pretzels and Snacks

### Bearitos

No Salt Tortilla Chips

### Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

### Kettle Chips

No Salt Potato Chips

### Mothers

No Salt Rice Cakes

Salt & Butter Popped Corn Cakes

### 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

### Briannas

Real French Vinaigrette

### Grey Poupon

Dijon Mustard

### Hain Pure Food

Light Safflower Mayonnaise

### The Ojai Cook

Light Lemonaise

### Westbrae

Dijon Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars

Blueberry Apple Fruit & Yogurt Bars

Cherry Apple Fruit & Yogurt Bars

### Brent And Sams

Chocolate Chip Cookies

### Health Valley

Apple Cobbler Cereal Bars

Fat Free Apple Cinnamon Tarts

Fat Free Blueberry Cereal Bars

Fat Free Raspberry Tarts

Fat Free Sweet Cherry Tarts

Strawberry Cereal Bars

### Midel

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 Orange Chocolate Chip Cookies

Organic O's Cookies

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Health Valley

Fat Free Vegetable Crackers

Low Fat Cracked Pepper Crackers

Low Fat Sesame Crackers

### Stacy's

Cinnamon Sugar Pitas

Simply Naked Bagel Chips

Simply Naked Pita

Simply Naked Pita Chips

### 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

### Lifeway

- Fat Free Strawberry Banana Kefir
- Fat Free Strawberry Kefir

### Organic Valley

- Organic Neufchatel

### Stonyfield Farm

- Cherry and Berry Squeeze Yogurt
- Non Fat Apricot Mango Yogurt
- Non Fat Blueberry Yogurt
- Non Fat Chocolate Yogurt
- Non Fat French Vanilla Yogurt
- Non Fat Plain Yogurt
- Non Fat Raspberry Yogurt
- Non Fat Strawberry Yogurt
- Organic Low Fat Caramel Yogurt
- Organic Low Fat Just Peachy Yogurt
- Organic Low Fat Plain Yogurt
- Organic Low Fat Raspberry Yogurt Smoothie
- Organic Low Fat Strawberry Yogurt Smoothie
- Organic Low Fat Tropical Fruit Yogurt Smoothie
- Organic Plain Yogurt
- Organic Strawberry Cream Yogurt
- Organic Vanilla Yogurt
- Organic Wild Blueberry Yogurt
- Strawberry Peach Yogurt
- Strawberry Squeeze Yogurt

### White Wave

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Vanilla Soy Yogurt

## Dairy (Cont'd)

### Whole Soy

- Plain Soy Yogurt
- Soy Yogurt - Strawberry

## Dairy Alternatives

### 365 Organic Every Day Value™

- Soymilk, Unsweetened

### Westsoy

- Plus Plain Soy Beverage
- Vanilla Plus Soy Beverage

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Entrees and Mixes

### Rice Select

- Risotto Rice

## Ethnic Foods

### 365 Every Day Value™

- Bamboo Shoots, Sliced
- Water Chestnuts, Sliced
- Water Chestnuts, Whole

## Frozen Foods

### 365 Every Day Value™

- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries
- Frozen Fruit Whole Strawberries
- Frozen Sliced Peaches

## 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
- Potatoes O'Brien

### Ben And Jerrys

- Vanilla Ice Cream

### Haagen-Dazs

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

### Rice Dream

- Vanilla Rice Dream Beverage

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

## Grains and Rice

### Rice Select

- Brown Rice Sesame Thins
- Jasmati White Rice

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Peach Fruit Spread
- Organic Plum Fruit Spread

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread

## Jams and Nut Butters (Cont'd)

### Cascadian Farm

- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

### Hero

- Apricot Fruit Preserves
- Black Cherry Fruit Preserves
- Blackberry Fruit Preserves
- Raspberry Fruit Preserves
- Strawberry Fruit Preserves

### Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Plum 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

- Medium Salsa

## **Soups**

### **Health Valley**

Potato Leek Soup - No Salt

Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses