

Category	Company	Brand	portion size	Sodium (mg)
	Thomas'	English Muffins-Cinn Raisin	1 muffin (61g)	180
		English Muffins-Raisin Bran	1 muffin (61g)	200
		English Muffins- Maple French	1 muffin (61g)	190
		English Muffins- Oat Bran	1 muffin (57g)	220
		English Muffins- Honey Wheat	1 muffin (57g)	180
		English muffins- Sourdough	1 muffin (57g)	190
		English Muffin- Original	1 muffin (57g)	200
	<i>Freihofer's</i>	English Muffins	1 muffin (57g)	220
Breads	Pepperidge Farm	Swirl Bread-Banana	1 slice (28g)	100
		Swirl Bread-Raisin Cinnamon	1 slice (28g)	105
		Sandwich Buns w/Sesame Seeds	1 roll (46g)	220
		Hamburger Rolls	1 roll (43g)	220
		Onion Sandwich Buns w/ Poppy Seeds	1 roll (53g)	250
		White- Original	1 slice (25g)	135
		White- Sandwich	2 slices (45g)	260
		Very Thin White	3 slices (45g)	250
		Very Thin Wheat	3 slices (45g)	220
		Light Style- Oatmeal	3 slices (57g)	280
		Light Style- 7 Grain	3 slices (57g)	290
		Light Style- Wheat	3 slices (57g)	270
		Natural Whole Grain- German Dark Wheat	1 slice (34g)	140
		Natural Whole Grain- Oat Bran	1 slice (34g)	115
		Natural Whole Grain- Hearty Bran	1 slice (34g)	130
		Natural Whole Grain- Honey Oat	1 slice (34g)	135
		Natural Whole Grain- 9 Grain	1 slice (34g)	140
		Natural Whole Grain- Whole Wheat	1 slice (34g)	135
	Vermont Bread Company	Cert Organic Honey Wheat Engl Muffins	1 muffin	200
		Cert Organic White Engl Muffins	1 muffin	190
		Cinnamon Raisin	1 slice (31g)	125
		Whole Wheat Sourdough	1 slice (33g)	125
		Sprouted Wheat	1 slice (31g)	140
		Cert Organic Oat	1 slice (31g)	140

		Cert Organic Multigrain	1 slice (31g)	130
		Cert Organic Cinn Raisin Swirl	1 slice (26)	90
		Oat Bran Oatmeal	1 slice (31g)	120
		Old Fashioned White	1 slice (28g)	120
		Soft 10 Grain	1 slice (34g)	130
		Soft White	1 slice (34g)	115
Stuffing Mix	All are high in sodium: 260 510 mg for 1/2 cup as prepared (35g dry) serving			
	Pepperidge Farm	One Step Stuffing Mix- Garden	1/2 cup (36g)	280
	Kraft	StoveTop Lower Sodium Stuffing Mix for Chicken	1/6 box (28g)	260
Crumbs				
	Most are high in sodium: 200-870mg per 1oz.serving (about 1/4 -			
	Jaclyn's	All Natural Bread Crumbs	1/3 cup	5
	Kellogg's	Corn Flake Crumbs	2 Tbs. (11g)	80
	Arnold	All Purpose Bread Crumbs	1/4 cup (28g)	200
Flat Breads, Roll- ups, Pita breads	Boghosian Valley bread	Garlic & Herb Roll-Ups	1.5oz (43g)	190
		Tomato & Basil Roll-Ups	1.5 oz (43g)	200
	Joseph's	Lavash Roll-Ups	1/2 bread (33g)	105
		Middle East Style Sandwich-size bread	1 pita	130
Aisle one Pickled, Marinated vegetables	Hogue Farms	Pickled Snappers (Snap Peas)	1/4 cup (30g)	40
		Pickled Asparagus	3 spears (30g)	75
		Hot Pickled Asparagus- Spicy	3 spears (30g)	75
	Haddon House	Pickled Asparagus- Spicy!	3 spears (30g)	75
		Hot Peppers-Ground	1 Tbs. (15g)	120
		Artichoke Salad- Quartered & Marinated	1 oz (28g/3 pieces)	90
		Italian Style Roasted Peppers No oil added (Red)	1 pepper (140g)	60

		Italian Style Roasted Peppers No oil added (Yellow)	1 pepper (30g)	60
		Non Pareil Capers in Vinegar	1 tsp. (4g)	85
	Peloponnese Mediterranean Specialties	Sweet Pepper Spread	1 Tbs. (15g)	90
		Kalamata Olive Spread	1 tsp. (5g)	100
	Marco Polo	Red Pepper Spread w/Eggplant and Garlic	2 Tbs. (28g)	10
	B&G	Sandwich Toppers-Sweet Bell Peppers	1 oz. (28g/about 8 pieces)	75
	Cento	Roasted Peppers	2 Tbs. (29g)	65
	Divina	Roasted Sweet Peppers	1/2 cup (30g)	120
	Peppadew	Mild Whole Sweet Piquante	1/3 cup (30g)	80
	Spanish Garden	Piquillo Peppers	2 pieces (50g)	115
	Hengstenberg	Cornichons- Crunchy and Piquant	3 pieces (30g)	140
	Temeraire	Cocktail Cornichons	1 oz./30g/about 7 gherkins	85
	Cains	Sweet Crickles Pickles	1 oz. (28g/about 4 slices	110
	Bellino	Bruschetta Tomato Topping	2 Tbs. (30g)	140
	Karen's Food Company	Fresh Tomato & Olive Bruchetta	2 Tbs. (44g)	140
	LuLu	Preserved Meyer Lemon in Olive	2 Tbs. (30g)	0
		Truffled Artichoke Tapenade	2 Tbs. (30g)	115
	Avvio	Sundried Tomato & Olive Topping	2 Tbs. (28g)	78
		Baked Garlic with Olive Oil	2 Tbs. (28g)	22
Aisle One: ketchup, mustard, mayo, relish, sauces.				
Ketchup	Heinz	Tomato Ketchup No Salt Added	1 Tbs. (17g)	0
	Uncle Dave's	Old Fashioned Ketchup	1 Tbs. (17g)	90
	River Run	Red Tomato Ketchup	1 Tbs. (16g)	65
Mustard	Maille	Dijon Originale Traditional Mustard	1 tsp.	115
		Dijon Originale Dijon Style Mustard	1 tsp. (5g)	125
		Honey Dijon	1 tsp. (5g)	60
	Elsenham	Mustard with Honey & Champagne	1 tsp. (5g)	0
		Tewkesbury Mustard Mustard w/ Horseradish	1 tsp. (5g)	105
	Nance's	Sharp & Creamy Mustard	1 tsp.(6g)	95
	Australia	Rainforest Herb Mustard	1 tsp. (5g)	110
	Eden	Organic Brown Mustard Stone Ground with Apple Cider Vinegar	1 tsp. (5.2g)	80

	Stonewall Kitchen	Bourbon Molasses Mustard	1 tsp. (5mL)	40
		Roasted Garlic Mustard	1 tsp. (5mL)	75
		Sun-Dried Tomato Mustard	1 tsp. (5mL)	115
		Basil Pesto Mustard	1 tsp. (5mL)	50
		Martini Mustard	1 tsp. (5mL)	55
		Spicy Honey Mustard	1 tsp. (5mL)	40
	Jack Daniels	Old No.7 Mustard	1 tsp. (5g)	70
		Horseradish Mustard	1 tsp. (5g)	75
		Honey Dijon Mustard	1 tsp. (6g)	70
	Westbrae Natural	Stoneground Mustard	1 tsp. (5g)	65
		Dijon Style Mustard	1 tsp. (5g)	65
		Yellow Mustard	1 tsp. (5g)	75
		Asian Style Mustard with Tamari & Wasabi	1 tsp. (6g)	110
		Honey Mustard	1 tsp. (5g)	50
	Annie's Naturals Organic	Raspberry Mustard	1 tsp. (5g)	35
		Honey Mustard	1 tsp. (6g)	40
		Horseradish Mustard	1 tsp. (5g)	90
	Grey Poupon	Country Dijon Mustard	1 tsp. (5g)	120
		Deli Mustard	1 tsp. (5g)	50
		Dijon Mustard	1 tsp. (5g)	120
	Inglehoffer	Sweet Hot Mustard	1 tsp. (5g)	30
		Stone Ground Mustard	1 tsp. (5g)	85
		Deli Mustard	1 tsp. (5g)	95
		Sweet Honey Mustard	1 tsp. (6g)	45
		Hot Deli Mustard	1 tsp. (5g)	120
	Koops	Dijon Mustard	1 tsp. (5g)	120
		Horseradish Mustard	1 tsp. (5g)	60
		Arizona Heat Mustard	1 tsp. (5g)	50
	Boar's Head Brand	Delicatessen Style Mustard with White Wine	1 tsp. (5g)	40
		Honey Mustard	1 tsp. (5g)	25
	Gulden's	Spicy Brown Mustard	1 tsp. (5g)	50
	Shurfine	Spicy Brown Mustard	1 tsp. (5g)	60
		Dijon Mustard	1 tsp. (5g)	120
		Salad Mustard	1 tsp. (5g)	45
	French's	Bold n' Spicy Brown	1 tsp. (5g)	80

		Classic Yellow Mustard	1 tsp. (5g)	55
	Hellmann's	Dijonnaise Mustard	1 tsp. (5g)	70
	Fire in the Mountains	Maple Mustard	1 tsp. (6g)	70
		Tarragon Mustard	1 tsp. (6g)	100
		Fire Roasted Garlic Mustard	1 tsp. (5g)	65
		Horseradish Mustard	1 tsp. (5g)	45
		Jalapeno Honey Mustard	1 tsp. (6g)	100
		Honey Mustard	1 tsp. (6g)	100
		Forest Fire Mustard	1 Tbs. (22g)	39
	Choice of Vermont	Roasted Garlic Dijon Mustard	1 tsp. (5g)	70
		Horseradish & Maple Mustard	1 tsp. (5g)	30
		Horseradish Mustard	1 tsp. (5g)	50
		Apple Cider Mustard	1 tsp. (5g)	40
	Vermont Epicurean	Roasted Garlic Country Mustard	1 tsp. (5g)	65
		Vermont Maple Horseradish	1 tsp. (5g)	30
	Roland	Extra Strong Dijon Mustard	1 tsp. (5g)	130
		Grained with Wine Dijon Mustard	1 tsp. (5g)	105
	Zatarain's	Creole Mustard	1 tsp. (5g)	85
	Peter Christian's Tavern	Original Mustard Sauce	see mary choate	
	Jasmine & Bread Inc.	Beyond Horseradish Mustard	see mary choate	
	Uncle Dave's	Kicken Mustard	1 tsp. (5g)	55
	Coleman's	Mustard	1/2 tsp.	62
	Honeycup	Mustard	1 tsp. (5g)	0
	Fox Hollow Farm	Fox Mustard	1 tsp. (6g)	5
	Woeber's	Sweet & Spicy Mustard	1 tsp. (5g)	80
Relish	Cainn's	Sweet Pepper Relish	1 Tbs. (15g)	45
		Sweet Relish	1 Tbs. (15g)	120
		Hamburg Relish	1 Tbs. (15g)	130
	Howard's	Hot Pepper Relish	1 Tbs. (15g)	55
		Sweet Pepper Relish	1 Tbs. (15g)	55
		Mustard Pickle	1 Tbs. (15g)	115
		Green Tomato Piccalilli	1 Tbs. (15g)	90
	Stonewall Kitchen	Fresh Fennel Relish	1 Tbs. (15g)	30
		Artichoke & Caper Relish	1 Tbs. (15g)	15
		Sun Dried Tomato & Olive Relish	1 Tbs. (15g)	120
	Cascadian Farm's	Sweet Relish	1 Tbs. (15g)	75
	Weathervane Farm	Sweet Corn Relish	1 Tbs. (15g)	100

	Crosse & Blackwell	Branston Pickle Relish	1 Tbs. (15g)	125
	Shurfine	Premium Sweet Relish	1 Tbs. (15g)	140
	Heinz	Premium Sweet Relish	1 Tbs. (15g)	90
Mayonnaise	Nasoya	Dijon Style Nayonnaise	1 Tbs. (15g)	140
		Nayonnaise	1 Tbs. (15g)	115
	Shurfine	Mayonnaise	1 Tbs. (14g)	80
	Kraft	Light Miracle Whip	1 Tbs. (16g)	140
		Miracle Whip	1 Tbs. (15g)	125
		Free Miracle Whip	1 Tbs. (16g)	125
	Hellmann's	Just 2 Good Mayonnaise	1 Tbs. (15g)	130
		Light Mayonnaise	1 Tbs. (15g)	120
		Mayonnaise	1 Tbs. (14g)	80
		Dippin Sauce Rockin Ranch	1 Tbs. (15g)	130
	Cain's	Light Mayonnaise	1 Tbs. (15g)	125
		Sandwich Spread	1 Tbs. (15g)	80
		All Natural Mayonnaise	1 Tbs. (14g)	75
	Spectrum Natural's	Organic Mayonnaise	1 Tbs. (14g)	90
		Eggless Vegan Light Canola Mayonnaise	1 Tbs. (15g)	110
		Canola Mayonnaise	1 Tbs. (14g)	80
	The Ojai Cook	Lemonaise	1 Tbs. (14g)	80
		Lemonaise Light	1 Tbs. (15g)	105
		Garlic-Herb Lemonaise	1 Tbs. (15g)	115
Sauces	River Run	Hot Sauce	1 Tbs. (16g)	30
	Shurfine	Louisiana Hot Sauce	1 tsp. (5mL)	130
	TexasPete	Hot Sauce	1 tsp. (4g)	120
	Mc.Ilhenny Co.	Tabasco Brand Pepper Sauce	1 tsp. (5mL)	30
		Tabasco Brand Chipotle Pepper Sauce	1 tsp. (5mL)	115
	Kraft	Horseradish Sauce	1 tsp. (5g)	35
	Heinz	Horseradish Sauce	1 tsp. (5mL)	35
	Zatarain's	Prepared Horseradish	1 Tbs. (15g)	15
	Boar's Head Brand	Pub Style Horseradish Sauce	1 Tbs. (5g)	15
	Stonewall Kitchen	Cranberry Horseradish Sauce	2 Tbs. (30mL)	15
	Uncle Dave's	Kickin Cocktail Sauce	1 Tsp.(5g)	60
	Howard's	Ham Glaze with Real Pineapple	1 Tbs. (15g)	45

Aisle One: Granola bars, nut butters. Skip over jellies and jams- they are all low sodium				
Granola Bars	Nature Valley	Chewy Trail Mix Bars Fruit & Nut	1 bar (35g)	95
		Chewy Granola Vanilla Yogurt	1 bar (35g)	125
		Chewy Granola Blueberry Yogurt	1 bar (35g)	130
		Chewy Granola Strawberry Yogurt	1 bar (35g)	130
	Nature Valley	Crunchy Granola Bars Peanut	2 bars (42g)	170
		Crunchy Granola Bars Oats 'n	2 bars (42g)	160
		Crunchy Granola Bars Maple Brown Sugar	2 bars (42g)	160
	Nature's Choice	Granola Bars Peanut Butters	1 bar (21g)	0
		Granola Bars Oats 'n Honey	1 bar (21g)	0
	Save the Forest	Organic Trail Mix bars Banana Chocolate Nut	1 bar (28.4g)	0
		Organic Trail Mix bars Cranberry Crunch	1 bar (28.4g)	0
	Quaker	Chewy Granola Bars S'mores	1 bar (28g)	80
		Chewy Granola Bars Chocolate Chunk	1 bar (28g)	80
		Chewy Granola Bars Chocolate	1 bar (28g)	70
		Chewy Granola Bars Peanut Butter & Chocolate Chunk	1 bar (28g)	85
		Chewy Granola Bars w/ Nestle Baby Ruth	1 bar (28g)	75
	Shurfine	Chewy Granola Bars Peanut Butter Chocolate Chip	1 bar (28g)	105
		Chewy Granola Bars Chocolate	1 bar (28g)	70
Peanut Butter	Jif	Extra Crunchy	2 Tbs. (32g)	130
		Creamy	2 Tbs. (32g)	150
		Simply Creamy	2 Tbs. (31g)	65
	Skippy	Creamy	2 Tbs. (32g)	150
		Super Chunk	2 Tbs. (32g)	140
		Squeeze Sticks Peanut Butter	1 tube (25g)	120
		Roasted Honey Nut Creamy	2 Tbs. (32g)	125
		Reduced Fat Creamy	2 Tbs. (36g)	190
		Reduced Fat Super Chunk	2 Tbs. (35g)	170
	Peter Pan	Very Low Sodium Creamy	2 Tbs. (32g)	5

		Creamy	2 Tbs. (32g)	150
		Reduced Fat Creamy	2 Tbs. (36g)	180
	Shurfine	Creamy	2 Tbs. (32g)	140
		Chunky	2 Tbs. (32g)	120
		25% Less Fat Creamy	2 Tbs. (36g)	210
	Reese's	Crunchy	2 Tbs. (32g)	110
		Creamy	2 Tbs. (32g)	140
	PB Max	Snickers Flavored Peanut Butter	2 Tbs. (30g)	73
	I.M. Healthy	Soy Nut Butter Original Creamy	2 Tbs. (32g)	140
		Soy Nut Butter Original Chunky	2 Tbs. (32g)	140
	Arrowhead Mills	Non-Hydrogenated Creamy	2 Tbs. (32g)	100
		Non-Hydrogenated Crunchy	2 Tbs. (32g)	100
		Crunchy Valencia Peanut Butter	2 Tbs. (32g)	0
		Creamy Valencia Peanut Butter	2 Tbs. (32g)	0
		Crunchy Valencia Sodium Free	3 Tbs. (32g)	0
	Once Again	Organic Smooth Peanut Butter	2 Tbs. (30g)	0
		Organic Crunchy Peanut Butter	2 Tbs. (30g)	0
		Smooth Natural Cashew Butter	2 Tbs. (30g)	0
		Smooth Natural Almond Butter	2 Tbs. (30g)	0
	Maranatha	Organic Creamy Peanut Butter	2 Tbs. (32g)	80
		Organic Crunchy Peanut Butter	2 Tbs. (32g)	80
		Organic Creamy Almond Butter	2 Tbs. (32g)	0
		Organic Crunchy Almond Butter	2 Tbs. (32g)	0
	Teddie Old Fashioned	Unsalted Natural Peanut Butter	2 Tbs. (32g)	0
		Smooth Peanut Butter	2 Tbs. (32g)	125
		Super Chunky Peanut Butter	2 Tbs. (32g)	100
	Better 'n Peanut Butter	Low Fat Peanut Spread	2 Tbs. (32g)	190
Dairy Aisle:Margarines and butters. Skip the refrigerated rolls and cookies, skip over: dips and salsa, the pizza crusts and tortillas, cream				
Butter's & Margarines	Earth Balance	Natucol	1 Tbs. (14g)	120
		Natural Butter Sticks 79% Veg. Oil Spread	1 Tbs. (14g)	100
		Natural Shortening	1 Tbs. (14g)	0
		Natural Buttery Spread	1 Tbs. (14g)	120
	Parkay	Butter	1 Tbs. (14g)	100
	Fleischmann's	Original Butter	1 Tbs. (14g)	90
		Unsalted Margarine	1 Tbs. (14g)	0

	Country Crock	Shedd's Spread Butter	1 Tbs. (14g)	110
		Shedd's Spread Plus Yogurt	1 Tbs. (12g)	95
	Brummel & Brown	Spread made with Yogurt	1 Tbs. (14g)	90
	Spectrum Naturals	Spread Non-Hydrogenated	1 Tbs. (14g)	55
	Take Control	60% Vegetable Oil Spread	1 Tbs. (14g)	85
	Blue Bonnet	Homestyle Vegetable Oil Spread	1 Tbs. (14g)	110
		Butter 65% Veg. Oil spread	1 Tbs. (14g)	110
	Lee Iacocca's	Olivio with Olive Oil	1 Tbs. (14g)	95
	Benecol	Spread 65% Vegetable Oil	1 Tbs. (14g)	110
		Light Spread 37% Vegetable Oil	1 Tbs. (14g)	110
	I Can't Believe It's Not Butter	70% Veg. Oil Spread made w/ Sour Cream Buttermilk	1 Tbs. (14g)	90
		Light Spread 37% Vegetable Oil	1 Tbs. (14g)	110
		Spray	5 sprays (1g)	0
		Sweet Cream & Calcium 40% Veg. Oil Spread	1 Tbs. (14g)	85
	Promise	60% Vegetable Oil Spread	1 Tbs. (14g)	70
		Ultra 26% Vegetable Oil Spread	1 Tbs. (14g)	90
		Fat Free Nonfat Margarine	1 Tbs. (14g)	90
		Buttery Light 37% Veg. Oil Spread	1 Tbs. (14g)	55
	Land O Lakes	Fresh Buttery Taste Spread 60%	1 Tbs. (14g)	75
		Margarine	1 Tbs. (14g)	105
		Light Whipped Salted Butter	1 Tbs. (9g)	55
		Whipped Salted Butter	1 Tbs. (9g)	55
		Whipped Unsalted Butter	1 Tbs. (9g)	0
		Sweet Cream Salted Butter	1 Tbs. (14g)	85
		Sweet Cream Salted Light Butter	1 Tbs. (14g)	95
		Country Morning Blend Margarine	1 Tbs. (14g)	95
	Farm Families of New England	All Natural Salted Butter	1 Tbs. (14g)	90
		All Natural Unsalted Butter	1 Tbs. (14g)	0
	Cabot	Salted Butter	1 Tbs. (14g)	90
		Unsalted Butter	1 Tbs. (14g)	0
	Organic Valley	Salted Butter	1 Tbs. (14g)	75
		Unsalted Cultured Butter	1 Tbs. (14g)	0
		European Style Cultured Butter	1 Tbs. (14g)	0
	Shurfine	Sweet Cream Butter	1 Tbs. (14g)	90

		All Vegetable Oil Margarine	1 Tbs. (14g)	110
	Canoleo	100% Canola Margarine Premium	14g	120
		Soft Margarine	14g	100
	Soy Garden	Natural Butter Spread	1 Tbs. (14g)	120
	Move Over Butter	Butter whipped with sweet cream buttermilk	1 Tbs. (10g)	70
	Smart Choice	Buttery Spread	1 Tbs. (14g)	90
	PLUGRA	Unsalted Butter European Style	1 Tbs. (14g)	0
	Horizon Organic	Unsalted Butter	1 Tbs. (14g)	0
	Morrell	Snow Cap Lard	1 Tbs. (13g)	0
	Imperial	65% Vegetable Oil Spread	1 Tbs. (14g)	105
	Vermont Butter & Cheese Co.	Cultured Butter European Style	1 Tbs. (14g)	30
	Shedd's Willow Run	Soybean Margarine	1 Tbs. (14g)	160
Cheeses:all that are 140mg or less Including ricotta, veleveeta, shredded, string cheese, ricotta, cottage cheese, sour cream				
Cheeses	Shurfine	Swiss Cheese	1 oz (28g)	60
	Kraft	Deli Deluxe Swiss	1 slice (21g)	35
		Deli Deluxe Aged Swiss	2 slices (28g)	30
		Natural Shredded Swiss	1/4 cup (28g)	60
	Cabot	Swiss Cheese Deli Slices	1 oz (28g)	60
		Swiss Cheese Slices	1 oz (28g)	60
	Organic Valley	Org. Cheddar Cheese	1 oz (28g)	125
		Org. Monterey Jack Cheese	1 oz (28g)	80
		Org. Deli Sliced Monterey Jack Cheese	1 slice (21g)	135
		Org. Deli Sliced Cheddar Cheese	1 slice (21g)	140
Sour Cream	Land O Lakes	Light Sour Cream Naturally cultured	2 Tbs. (30g)	20
	Shurfine	Sour Cream	2 Tbs. (30g)	50
	Organic Valley	Org. Sour Cream	2 Tbs. (30g)	15
		Org. Lowfat Sour Cream	2 Tbs. (30g)	15
	Hood	All Natural Sour Cream	2 Tbs. (30g)	20
		Lowfat Sour Cream	2 Tbs. (30g)	20
	Breakstone	Sour Cream	2 Tbs. (30g)	10
		Reduced Fat Sour Cream	2 Tbs. (31g)	20
	Cabot	Sour Cream	2 Tbs. (28g)	35

		No Fat Sour Cream	2 Tbs. (30g)	40
		Light Sour Cream	2 Tbs. (28g)	25
Ricotta Cheese	Shurfine	Ricotta Cheese	1/4 cup (62g)	60
	Cappiello	Whole Milk Ricotta Cheese	1/4 cup (56g)	55
	Dragone	Part Skim Ricotta	1/4 cup (62g)	85
		Whole Milk Ricotta	1/4 cup (62g)	85
	Friendship All Natural	Lowfat Cottage Cheese	1/2 cup (114g)	50
Puddings, Yogurts, Yogurt drinks, tubes, smoothies: Note only those under 100 mg or over 140mg of sodium				
Yogurts	Cascade Fresh	Fat Free Apricot Mango	3/4 cup (170ml)	90
		Fat Free Peach	3/4 cup (170ml)	90
		Fat Free Blueberry	3/4 cup (170ml)	90
		Fat Free Vanilla	3/4 cup (170ml)	90
		Fat Free Key Lime	3/4 cup (170ml)	90
		Fat Free Lemon Chiffon	3/4 cup (170ml)	90
		Fat Free Raspberry	3/4 cup (170ml)	90
		Fat Free Boysenberry	3/4 cup (170ml)	90
		Fat Free Cherry Vanilla	3/4 cup (170ml)	90
		Fat Free Marionberry	3/4 cup (170ml)	90
		Fat Free Strawberry	3/4 cup (170ml)	90
		Lowfat Raspberry	3/4 cup (170ml)	90
		Lowfat Cherry	3/4 cup (170ml)	90
		Lowfat Strawberry	3/4 cup (170ml)	90
		Lowfat Blackcap	3/4 cup (170ml)	90
	Woodstock Water Buffalo	Vermont Maple	1 container	52
		Plain	1 container	76
		Vermont Cappuccino	1 container	69
		Chai	1 container	81
	Erivan	Yogurt with Granola Raisin Almond	7 cup (196g)	83
	Oare	Total Greek Yogurt with Greek	1 cup (150g)	80
		Total Greek Yogurt with Cherry	1 cup (150g)	80
	Dannon	Premium Plain Lofat Yogurt	1 container	140
		Fruit on the Bottom Cherry	1 container	150
		Fruit on the Bottom Peach	1 container	100
		Fruit on the Bottom Apple	1 container	140
		Light N Fit Vanilla	1 container	95
		Light N Fit Cherry Vanilla	1 container	95
		Light N Fit Raspberry	1 container	140

		Light N Fit Lemon Chiffon	1 container	95
		Light N Fit Blueberry	1 container	95
		Light N Fit White Chocolate Raspberry	1 container	95
		Light N Fit Blackberry	1 container	95
		Light N Fit Orange Mango	1 container	95
		La Crème Mousse Orange Cream	1 container (73.7g)	50
		La Crème Mousse French Vanilla	1 container (73.7g)	50
		La Crème Mousse Strawberry	1 container (73.7g)	50
		La Crème Strawberry	1 container (113g)	75
		La Crème Raspberry	1 container (113g)	85
		La Crème Vanilla	1 container (113g)	75
		La Crème Peach	1 container (113g)	80
		Light N Fit Smoothie Mixed Berry	1 bottle (207 mL)	85
		Light N Fit Smoothie Peach Passion Fruit	1 bottle (207 mL)	85
		Danimals Strawberry Expulsion	1 bottle	55
		Danimals Rocin Raspberry	1 bottle	55
		Danimals Swingin Strawberry-	1 bottle	55
		Actimel	1 bottle	60
		Fruit Blends Strawberry Banana	1 container	60
		Fruit Blends Strawberry Blueberry	1 container	60-70
		Danimals Cherry Cool & Strikin Strawberry Kiwi	1 container	80
		Danimals Strawberry Exposition & Totally Vanilla	1 container	80
	Yo Crunch	Vanilla	1 container (185g)	90
	Colombo	Plain Nonfat Yogurt	1 cup (227g)	160
		Vanilla Nonfat Yogurt	1 cup (227g)	140
		Banana Strawberry Classic	1 container	90
	Breyers	Smooth & Creamy Peaches n Cream & Classic Strawberry	1 container	50
		Smooth & Creamy Black Cherry & Raspberries n Cream	1 container	55
		Orange & Cream Swirled	1 container (227g)	230
		Raspberries & Cream Swirled	1 container (227g)	240
		Strawberries & Cream Swirled	1 container (227g)	240

		Strwberry & Banana Smooth & Creamy	1 container (227g)	100
	Yoplait	Trix Watermelon & Strawberry	1 container	55
		Light Fat Free Harvest Peach	1 container	85
		Light Fat Free Strawberry	1 container	85
		Original (All)	1 container	80
		Custard Style (All)	1 container	100
		Whips (All)	1 container	75
		Nouriche Smoothie	1 container	290
		Gogurt (All)	1 tube (64g)	40
	Crowley	Nonfat Vanilla Yogurt	1 cup (250g)	220
		Nonfat Plain Yogurt	1 cup (250g)	220
	Seven Stars Farm	Lowfat Maple Biodynamaic Yogurt	1 cup (248g)	90
	Nancy's Organic	Plain Nonfat Yogurt	1 cup (226g)	180
		Vanilla Nonfat Yogurt	1 cup (226g)	170
	Brown Cow Organic	Plain Nonfat Yogurt	8 oz (227g)	180
		Plain Lowfat Yogurt	1 cup (227g)	160
		Vanilla Lowfat Yogurt	1 cup (227g)	170
		Raspberry Cream Top	1 cup (227g)	100
		Strawberry Cream Top	1 cup (227g)	100
		Cherry Vanilla Cream Top	1 cup (227g)	100
		Blueberry Cream Top	1 cup (227g)	100
		Apricot Mango Cream Top	1 cup (227g)	170
		Peach Cream Top	1 cup (227g)	100
		Chocolat Nonfat	1 cup (227g)	140
		Vanilla Nonfat	1 cup (227g)	150
	Silk Cultured Soy	Vanilla	8 oz (227g)	30
		Plain	8 oz (227g)	30
		Strawberry	1 container	20
		Raspberry	1 container	20
		Blueberry	1 container	20
		Apricot Mango	1 container	20
		Peach	1 container	20
		Vanilla	1 container	20
	Liberté	Méditerranée Mocha Yogourt	8 oz (227g)	140
		Méditerranée Plum Walnut Yogourt	6 oz (175g)	80

		Méditerranée Wild Raspberries yogurt	6 oz (175g)	50
		Méditerranée Strawberries Yogourt	6 oz (175g)	80
		Méditerranée Peach & Passion Fruit Yogourt	6 oz (175g)	80
		Coconut Yogourt	6 oz (175g)	70
		Apple Pie Yogourt	6 oz (175g)	80
		Plain Yogourt	8 oz (227g)	160
		Coconut Yogourt	8 oz (227g)	100
	Whole Soy	Blueberry	1 container (170g)	20
		Peach	1 container (170g)	20
		Strawberry	1 container (170g)	20
		Lemon	1 container (170g)	20
		Cherry	1 container (170g)	20
		Vanilla	1 container (170g)	25
		Plain	1 container (170g)	20
		Raspberry	1 container (170g)	20
	Stonyfield	Peach Smoothie	1 bottle (295mL)	150
		Strawberry Smoothie	1 bottle (295mL)	160
		Raspberry Smoothie	1 bottle (295mL)	150
		Tropical Fruit Smoothie	1 bottle (295mL)	150
		Wild Berry Smoothie	1 bottle (295mL)	160
		Just Peachy lowfat	1 container	95
		Blueberry Lowfat	1 container	95
		Vanilla Lowfat	1 container	100
		Strawberry Lowfat	1 container	95
		Maple Vanilla Lowfat	1 container	100
		Caramel Underground Lowfat	1 container	140
		Blueberry Fat Free	1 container	100
		Apricot Mango Fat Free	1 container	100
		Raspberry Fat Free	1 container	100
		Wild Blueberry Whole Milk	1 container	85
		Strawberries & Cream Whole Milk	1 container	90
		Mocha-ccino Whole Milk	1 container	95
		Vanilla Truffle Whole Milk	1 container	90
		Creamy Maple Whole Milk	1 container	90
		French Vanilla Whole Milk	1 container	95

		Raspberry O'soy	1 container	45
		Vanilla O'soy	1 container	40
		Blueberry O'soy	1 container	35
		Peach O'soy	1 container	35
		Strawberry O'soy	1 container	35
		Lemon O'soy	1 container	60
		Yo Self	1 container	65
		O'Soy Strawberry & Peach	1 container	20
		Rockin Raspberry & Strawberry Vanilla	1 container	65
		Screamin Strawberry & Banana	1 container	65
		Yo Baby Peach & Vanilla	1 container	65
		Yo Baby Banana & Vanilla	1 container	65
		Yo Baby Blueberry & Apple	1 container	65
		Yo Baby Drinkable Yogurt Peach	4 oz (120 mL)	60
		Yo Baby Drinkable Yogurt Banana	4 oz (120 mL)	60
Smoothies	Tropicana	Mixed Berry Smoothie	11 fl oz (325 mL)	50
		Strawberry Smoothie	11 fl oz (325 mL)	50
		Tropical Orange Smoothie	11 fl oz (325 mL)	50
Dairy Aisle Juices-any that are more than 35 mg of sodium These will be sunny D, any with tomato juice and perhaps other juice drinks that				
Juices	Sunny Delight	Tangy Original	8 fl oz (240mL)	190
	Newman's Own	Pink Virgin Lemonade	8 fl oz (236 mL)	40
		Virgin Lemonade	8 fl oz (236 mL)	40
Dairy Aisle Flavored milks				
	Hood	Vanilla Reduced Fat Milk	1 cup (240mL)	130
		Coffee Lowfat Milk	1 cup (240mL)	120
	Nesquick	Very Vanilla Milk	1 cup (240mL)	120
		Buncha Banana	1 cup (240mL)	120
		Chocolate Milk	1 cup (240mL)	140
		Strawberry Milk	1 cup (240mL)	120
	Silk SoyLatte	Coffee	1 cup (240mL)	100
		Silk Chai	1 cup (240mL)	100
		Vanilla	1 cup (240mL)	95
		Chocolate	1 cup (240mL)	100
		Mocha	8 oz (240mL)	100
		Unsweetened	1 cup (240mL)	70

		Plain	1 cup (240mL)	120
Aisle 2 juices: any that are more than 35mg of sodium				
Juices	R.W. Knudsen	Papaya Nectar	8 oz (240mL)	35
		Hibiscus Cooler	8 oz (240mL)	40
		Cranberry Nectar	8 oz (240mL)	45
		Simply Nutritious Mega Green	8 oz (240mL)	35
		Black Cherry	8 oz (240mL)	40
		Pineapple Coconut	8 oz (240mL)	50
		Simply Nutritious VitaJuice	8 oz (240mL)	35
	Lakewood Organic	Super Veggie	6 oz (180mL)	135
		Pure Carrot Jucie	6 oz (180mL)	45
	Bionaturae	Organic Carrot Apple Nectar	8 oz (240mL)	50
	After the Fall	24 Karrot Orange	8 oz (240mL)	45
	Ocean Spray	100% Juice Cranberry Blend	8 oz (240mL)	35
		100% Juice Cranberry & Concord Grape	8 oz (240mL)	35
		Light Cranberry Juice Cocktail	8 oz (240mL)	75
		Cranberry Juice Cocktail	8 oz (240mL)	35
		Ruby Tangerine	8 oz (240mL)	65
		Ruby Lemonade	8 oz (240mL)	35
		Cran-Raspberry	8 oz (240mL)	35
		Cran-Apple	8 oz (240mL)	35
		Cranberry Juice Cocktail Reduced Calorie	8 oz (240mL)	35
		100% Juice Pink Grapefruit	8 oz (240mL)	35
		Light Cran-Raspberry	8 oz (240mL)	75
		100% Juice White Grapefruit	8 oz (240mL)	35
		100% Juice Ruby Red Grapefruit Blend Calcium	8 oz (240mL)	35
	Shurfine	Cranberry Cocktail	8 oz (240mL)	35
		100% Juice Apple Juice	8 oz (240mL)	35
		Cranberry Apple juice cocktail	8 oz (240mL)	35
		100% White Grape Juice	8 oz (240mL)	35
		Prune Juice	8 oz (240mL)	35
		100% Cranberry Juice Blend	8 oz (240mL)	35
		100% Grapefruit	8 oz (240mL)	35
		Cranberry Raspberry Juice Cocktail	8 oz (240mL)	35

		Unsweetened Prune Juice	8 oz (240mL)	35
		100% Pink Grapefruit	8 oz (240mL)	35
	V8	Splash Tropical Blend	8 oz (240mL)	40
		Splash Strawberry Kiwi	8 oz (240mL)	35
		Splash Berry Blend	8 oz (240mL)	35
		Splash Smoothies Strawberry	8 oz (240mL)	60
		Splash Smoothies Citrus Blend	8 oz (240mL)	60
		Splash Smoothies Peach Mango	8 oz (240mL)	60
	Hawaiian Punch	Fruit Juicy Red	8 oz (240mL)	95
	Mott's Mauna La'i	Mango Mango	8 oz (240mL)	35
		Island Guava	8 oz (240mL)	35
	Sunsweet	Prune Juice from Concentrate	8 oz (240mL)	35
		Prune Juice with Pulp	8 oz (240mL)	35
Aisle 2 juice boxes and drink mixes: any that are more than 35 mg of sodium				
	Capri Sun Sport	Orange Edge	1 pouch	55
		Thunder Punch	1 pouch	55
		Berry Ice	1 pouch	55
	Gatorade	Glacier Freeze Frost	1 drink box	115
		Fierce Grape	1 drink box	115
		Fruit Punch	1 drink box	115
	Newman's Own	Virgin Lemonade	11 oz (330mL)	55
		Virgin Pink Lemonade	11 oz (330mL)	55
		Virgin Lemon-Aided Iced Tea	11 oz (330mL)	55
	Hershey's	Chocolate Shake	1 container (207 mL)	400
		Chocolate Drink	1 cup (236mL)	220
		Reduced Fat Chocolate Milk	1 cup (236mL)	130
	Yoo-Hoo	Chocolate Drink	1 box	160
	Ocean Spray Liquid Concentrate	Cranberry Juice Cocktail	2 fl oz	35
	Hollywood	100% Pure Carrot Juice	1 can	460
Skip the dry gravy mix section, they are all high in sodium				
Tuna, other canned seafood include all-note all those under 140 mg of sodium				
Sardines	Bela	Lightly Smoked Sardines in Lemon Sauce	1/2 cup (55g)	115
		Lightly Smoked Sardines in Hot Sauce	1/4 cup (55g)	129

		Lightly Smoked Sardines in Tomato Sauce	1/4 cup (55g)	135
		Lightly Smoked Sardines in Olive	1/4 cup (55g)	130
	Haddon House	Sardines packed in Water	1/4 cup (55g)	35
		Sardines packed in Olive Oil	1/4 cup (55g)	110
Kipper Fillets	John West	Kipper Fillets in Brine		
		Kipper Fillets in Sunflower Oil		
	Crown Prince	Naturally Smoked Kipper Snacks	1/4 cup (55g)	40
Tuna/Albacore	Bumble Bee	Chunk White Albacore in Water	2oz drained (56g) about 1/4 cu	35
	Chicken of the Sea	Chunk Light Tuna in Spring Water 50% Less Sodium	2oz drained (56g) about 1/4 cu	125
		Chunk White Albacore Tuna in Spring Water Very Low Sodium	2oz drained (56g) about 1/4 cu	35
	Crown Prince	Chunk Light Tuna in Sprin Water low sodium	1/4 cup (56g)	50
		Chunk Light Tuna in Spring Water	1/4 cup (56g)	140
	Natural Sea	Chunk Light Dolphin Safe Tuna	2oz drained (56g) about 1/4 cu	120
Clam Juice	Snow's	All Natural Clam Juice	1 Tbs. (15mL)	70
Sandwich Dressings	Dietz & Watson	Hoagie Dressing	1 tsp. (15mL)	60
Chili	Health Valley	Chili Vegetarian Lentil	1 cup (245g)	65
		Chili Mild Vegetarian	1 cup (245g)	65
		Chili Spicy Vegetarian	1 cup (245g)	65
Canned and jarred vegetables and beans note all under 140 mg of sodium				
	Cascadian Farm	Organic Sauerkraut	2 Tbs. (30g)	120
	Silver Floss	Barrel Cured Sauerkraut	2 Tbs. (30g)	180
	Haddon House	Artichoke Hearts Quartered & Marinated	1 oz (28g)	90
		Hot Marinated Artichoke Hearts	1 oz (28g)	90
	Sarce	Artichoke Hearts Quartered & Marinated	1 oz (28g)	90
	Cara Mia	Marinated Artichoke Hearts	2 pcs. (28 g)	105
	Belle of Maine	Dandelion Greens	1 cup (131g)	60
	Royal Prince	Whole Sweet Potatoes	4 pcs. (172g)	40
	Del Monte	Whole Kernel Corn no salt added	1/2 cup (125g)	10
		Sweet Corn Cream Style no salt added	1/2 cup (125g)	10

		Niblets no salt added	1/3 cup (78g)	0
	Del Monte	Sweet Peas no salt added	1/2 cup (125g)	10
	Del Monte	Cut Green Beans no salt added	1/2 cup (121g)	10
	Gold	White Asparagus	2 units (30g)	75
	Aunt Nellie's	Sliced Ruby Red Pickled Beets	4 slices (29g)	55
	Twin Tree Gardens	Boiled White Onions	1 oz (30g)	100
	Twin Tree Gardens	Red Cabbage Salad	3.5 oz (100g)	100
	Eden Organic	Small Red Beans no salt added	1/2 cup (130g)	65
	Westbrae Natural	Organic Vegetarian Red Beans	1/2 cup (130g)	140
	Eden Organic	Black Soy Beans no salt added	1/2 cup (130g)	30
	ShariAnn's Organic	Black Soy Beans	1/2 cup (130g)	90
	Eden Organic	Pinto Beans no salt added	1/2 cup (130g)	15
	Westbrae Natural	Organic Vegetarian Pinto Beans	1/2 cup (130g)	140
	Westbrae Natural	Organic Vegetarian Garbanzo	1/2 cup (130g)	140
	ShariAnn's Organic	Garbanzo Beans	1/2 cup (130g)	100
	Eden Organic	Garbanzo Beans no salt added	1/2 cup (130g)	10
	Westbrae Natural	Organic Vegetarian Kidney Beans	1/2 cup (130g)	140
	Eden Organic	Kidney Beans no salt added	1/2 cup (130g)	15
	ShariAnn's Organic	Kidney Beans	1/2 cup (130g)	100
	Westbrae Natural	Organic Black Beans	1/2 cup (130g)	140
	Eden Organic	Black Beans no salt added	1/2 cup (130g)	15
	ShariAnn's Organic	Black Beans	1/2 cup (130g)	100
	Westbrae Natural	Organic Vegetarian Soy Beans	1/2 cup (130g)	140
	Eden Organic	Cannellini White Kidney Beans no salt added	1/2 cup (130g)	40
	Westbrae Natural	Organic Vegetarian Jackson	1/2 cup (123g)	135
		Organic Vegetarian Black Beluga Lentils	1/2 cup (122g)	120
		Organic Vegetarian European	1/2 cup (125g)	140
		Organic Vegetarian Trout Beans	1/2 cup (125g)	140
	Eden Organic	Navy Beans no salt added	1/2 cup (130g)	15
	Eden Organic	Aduki Beans	1/2 cup (130g)	10
	Westbrae Natural	Organic Vegetarian Great Northern Beans	1/2 cup (130g)	140
	Eden Organic	Black Eyed Peas	1/2 cup (130g)	25
	Hunt's	Tomatoes Puree	1/4 cup (63g)	105
	Progresso	Tomato Puree	1/4 cup (63g)	15

	Catadina	Tomato Puree Recipe Ready	1/4 cup (63g)	15
	Shurfine	Crushed Tomatoes peeled-in-puree	1/4 cup (61g)	95
	Progresso	Crushed Tomatoes with added	1/4 cup (61g)	95
	Eden Organic	Crushed Tomatoes no salt added	1/4 cup (61g)	0
	Muir Glen Organic	Crushed Tomatoes with Basil	1/4 cup (65g)	85
	Muir Glen Organic	Tomato Paste	2 Tbs. (33g)	20
	Shurfine	Fancy Tomato Paste	2 Tbs. (33g)	20
	Hunt's	Tomato Paste no salt added	2 Tbs. (33g)	15
	Hunt's	Tomato Paste	2 Tbs. (33g)	90
	Hunt's	Tomato Sauce no salt added	1/4 cup (62g)	15
	Muir Glen Organic	Tomato Sauce no salt added	1/4 cup (62g)	30
	Pastene	Ground Peeled Tomatoes	1/4 cup (66g)	20
	Muir Glen Organic	Ground Peeled Tomatoes	1/4 cup (65g)	100
	Bionaturae	Organic Diced Tomatoes	1/2 cup (124g)	20
	Del Monte	Diced Tomatoes no salt added	12 cup (126g)	50
	Eden Organic	Diced Tomatoes no salt added	1/2 cup (130g)	5
	Bionaturae	Organic Whole Peeled Tomatoes	1/2 cup (124g)	20
	Pomi	Parmalat Strained Tomatoes	1/2 cup (125mL)	10
Meat Rubs	Stubb's	BBQ Spice Rub	1/4 tsp. (.9g)	115
	Adolph's	Tenderizer	1/4 tsp. (.7g)	0
Sauces	Rafetto	Mint Jelly with Leaves	1 Tbs. (20g)	5
	Rosebud Farm Preserves	Rosemary Jelly	1 Tbs. (15g)	0
	Howard's	Ham Glaze with Real Pineapple	1 Tbs. (15g)	45
	Vermont Epicurean	Vermont Maple Rum Ham Glaze	1 Tbs. (17g)	45
	Cain's	Fancy Ham Glaze	1 Tbs. (17g)	30
	Crosse & Blackwell	Mint Sauce	1 tsp. (5mL)	0
Skip Canned fruit-all are low sodium				
Aisle 3 Hot cocoa mixes note all less than 140 mg sodium. skip coffees and teas				
Hot Cocoa	Nestle	Fat Free w/ Calcium Hot Cocoa	2 Tbs. (8g) 6-8fl oz	120
	Hershey's	Cocolate Raspberry Hot Cocoa	1 envelope (35g)	135
	Ghirardelli Chocolate	Sweet Ground Chocolate and	3 Tbs. (28g)	0
		Double Chocolate Chocolat Double	3 Tbs. (22g)	0
		Chocolate Mocha Chocolat Au	3 Tbs. (22g)	0
	Lake Champlain Chocolates	Raspberry Hot Chocolate	1 heaping Tbs.	0
		All Natural Chocolate Hot Chocolate	1 heaping Tbs.	0

	Ah!Laska	Organic Cocoa Low Fat	2 Tbs. (28g)	20
		Organic Cocoa Non-Dairy Chocolate Mix	2 Tbs. (28g)	0
	Equal Exchange	Organic Hot Cocoa	2 Tbs. (17g)	60
	Ovaltine	Malt Classic Ovaltine	4 Tbs. (21g)	55
		Rich Chocolate	4 Tbs. (21g)	140
Aisle 3 Cereals: all that are 140 mg or under				
Hot Cereals	Maltex	Hot Wheat Cereal	1/3 cup (48g)	0
	Wheatena	Toasted Wheat Cereal	1/3 cup (41g)	0
	Kashi	Breakfast Pilaf Seven Whole Grains and Sesame	1/2 cup (140g)	15
	The Silver Palate	Thick & Rough Oatmeal	1/3 cup dry (40g)	0
	John McCann	Steel Cut Irish Oatmeal	1/4 cup dry (40g)	0
	Shurfine	Quick Oats	1/2 cup dry (40g)	0
	Nature's Path	Organic Instat Hot Oatmeal Maple Nut	1 packet (50g)	105
	Fiddler's Green Farm	Islanders Choice 7-Grain Cereal Organic	1 cup (50g)	0
	Kretschmer	Original Toasted Wheat Germ	2 Tbs. (13g)	0
	Maypo	Instant Maple Oatmeal	1/2 cup (44g)	110
		Vermont Style Maple Oatmeal	1/3 cup (46g)	120
	Old Wessex Ltd.	5 Grain Cereal	1/2 cup (40g)	0
		Scottish Style Chewy Porridge Oats	1/2 cup (40g)	0
		100% Natural Whole Grain Oat	1/3 cup (40g)	0
		100% Natural Whole Grain Instant Oatmeal	1/2 cup (40g)	0
		Irish Style Oatmeal	1/2 cup (40g)	0
	Arrowhead Mills	Bear Mush	1/4 cup (45g)	0
		Rice & Shine	1/4 cup (42g)	0
		Yellow Corn Grits	1/4 cup (38g)	0
		7 Grain Hot Cereal	1/3 cup (44g)	0
		Raw Wheat Germ	3 Tbs. (15g)	0
	Nabisco	Cream of Wheat	3 Tbs. (33g)	90
		Cream of Wheat 1 Minute. Enriched	3 Tbs. (33g)	0
		Cream of Rice Hot Cereal	1/4 cup (46g)	0
	Quaker	100% Natural Granola Oats, Honey & Raisins	1/2 cup (51g)	25

		100% Natural Granola Oats &	1/2 cup (48g)	25
		Instant Oatmeal Regular Flavor	1 packet (28g)	80
		Unprocessed Bran	1/3 cup (17g)	0
		Multi Grain Hot Cereal	1/2 cup (40g)	0
		Old Fashioned Quaker Oats	1/2 cup dry (40g)	0
		Oat Bran Hot Cereal	1/2 cup (40g)	0
		100% Natural Low Fat Granola with Raisins	2/3 cup (55g)	130
	Nestle Carnation	Classic French Vanilla No Sugar Added	1 packet (20g)	80
		Rich Milk Chocolate	1 packet (36g)	80
		Classic French Vanilla	1 packet (36g)	100
Cold Cereal	Kelloggs	Cracklin' Oat Bran	3/4 cup (49g)	140
		Low Fat Granola w/ Raisins	1/2 cup (29g)	120
		Fruit Harvest Strawberry Blueberry	3/4 cup (29g)	130
		Frosted Mini-Wheats	24 biscuits (59g)	5
		All Bran Original	1/2 cup (31g)	80
		Smorz	1 cup (30g)	140
		Corn Pops	1 cup (31g)	120
		Frosted Mini-Wheats Big Bite	5 biscuits (51g)	5
	Quaker	Puffed Wheat	1 1/4 cup (15g)	0
		Puffed Rice	1 cup (14g)	0
	General Mills	Apple Cinnamon Cheerios	3/4 cup (30g)	115
		Fiber One Bran Cereal	1/2 cup (30g)	130
	Shurfine	Frosted Shredded Wheat Bite Size	1 1/4 cup (55g)	0
	Weetabix	Fruitibix	1 cup (57g)	110
		Organic Weetabix Whole Grain Wheat Cereal	2 biscuits (35g)	130
		Alpen Original	2/3 cup (55g)	30
		Alpen No added Sugar or Salt	2/3 cup (55g)	30
	Post	Shredded Wheat 'n Bran Spoon	1 1/4 cup (59g)	0
		Shredded Wheat Spoon Size the Original	1 cup (49g)	0
		Great Grains Raisins, Dates, Pecans Whole Grain Cereal	1/2 cup (54g)	135
		Selects Maple Pecan Crunch	3/4 cup (52g)	135
		Grape-Nuts Flakes	3/4 cup (29g)	125

		Frosted Shredded Wheat Spoon	1 cup (52g)	5
		Golden Crisp	3/4 cup (27g)	25
		Shredded Wheat	2 biscuits (46g)	0
		Hthe Original Shredded Wheat Spoon Size	j1 cup (49g)	0
	Pacific Grain Products	Nutty Rice Crunchy Cereal	3/4 cup (55g)	110
	US Mills	Uncle Sam Cereal	1 cup (55g)	135
	Grainfields	Whole Grain Raisin Bran	1 1/4 cup (55g)	20
	Arrowhead Mills	Whole Grain Shredded Wheat Bite Size	1 cup (49g)	5
		Whole Grain Spelt Flakes	1 cup (30g)	100
	EnviroKidz Organic	Orangutan-O's Cereal	3/4 cup (30g)	136
		Peanut Butter Panda Puffs	3/4 cup (30g)	140
		Amazon Frosted Flakes	2/3 cup (30g)	120
	Familia	Original Recipe Swiss Muesli	1/2 cup (60g)	0
		No Sugar Added Swiss Muesli	1/2 cup (57g)	0
	Peace Cereal	Puffed Harvest	3/4 cup (30g)	20
		Rainforest Crisp	2/3 cup (55g)	105
	Cascadian Farm	Oats & Honey Granola	2/3 cup (55g)	120
		Multi Grain Squares	3/4 cup (30g)	115
	Barbara's Bakery	Honey Crunch'n Oats	3/4 cup (30g)	135
		Shredded Wheat	2 biscuits (40g)	0
		Organic Fruity Punch	3/4 cup (30g)	58
		Grain Shop	2/3 cup (30g)	110
		Organic Soy Essence	3/4 cup (30g)	115
	Health Valley	Blueberry Bliss Crunches & Flakes	3/4 cup (53g)	100
		Organic Fiber 7 Multigrain Flakes	3/4 cup (28g)	90
		Organic Amaranth Flakes	3/4 cup (28g)	90
		Organic Oat Bran O's Cereal	3/4 cup (28g)	90
		Organic Raisin Bran Flakes	1 1/4 cup (55g)	90
	Kashi	Heart to Heart	3/4 cup (33g)	90
		GoLean Crunch	1 cup (53g)	95
		Honey Puffed Kashi Seven Whole Grains & Sesame	1 cup (30g)	6
		Medley	3/4 cup (32g)	60
		Good Friends Cinna-Raisin Crunch	1 cup (50g)	95
		Good Friends Original	3/4 cup (30g)	70

		Puffed Kashi Seven Whole Grains & Sesame	1 cup (25g)	0
		Cranberry Sunshine Organic	1 cup (29g)	100
		Autumn Wheat Organic Promise	1 cup (54g)	0
	Nature's Path	Organic Mesa Sunrise	3/4 cup (30g)	130
		Organic Optimum Slim	1/2 cup (30g)	140
		Organic Heritage Bites	3/4 cup (30g)	130
		Organic Heritage Multigrain Cereal	3/4 cup (30g)	100
		Organic Raspberry Heritage	1/2 cup (30g)	45
		Organic Blueberry Almond Muesli	1/2 cup (55g)	95
		Organic Millet Rice Oatbran	3/4 cup (30g)	120
		Organic Multigrain Oatbran &	2/3 cup (30g)	50
		Organic Multigrain Oatbran	2/3 cup (30g)	65
		Organic Heritage O's Multigrain	3/4 cup (30g)	125
		Eco Pac Organic Millet Rice Oatbran Flakes	3/4 cup (30g)	120
		Eco Pac Organic Multigrain Oatbran Flakes	3/4 cup (30g)	65
		Eco Pac Organic Multigrain and Raisins	3/4 cup (30g)	50
		Eco Pac Organic Honey'd Raisin Bran w/ Extra Raisins	3/4 cup (30g)	140
		Organic Rice Puffs	1 cup (16g)	0
		Organic Corn Puffs	1 cup (16g)	0
		Eco Pac Organic Multigrain & Raisins	3/4 cup (30g)	140
		Eco Pac Organic Mesa Sunrise	3/4 cup (30g)	130
Aisle 3 Baking Products				
Mixes	Shurfine	Classic Brownie Mix	1/20 pkg. (30g) 1/4 cup dry	105
		Ener G	Pure Rice Bran	1/2 cup (67g)
		No Pudge	Original Fudge Brownie Mix	1/12 pkg. (32g)
			Cappuccino Fudge Brownie Mix	1 brownie from (25g) dry mix
	Arrowhead Mills	Wheat Free Chocolate Chip Cookie Mix	1 cookie (20g)	120
		Multi Grain Bread Mix	1/4 cup (39g)	115
	Pillsbury	Cinnamon Swirl Quick Bread & Coffe Cake Mix	1/14 pkg. (35g)	135

		Fudge Brownie Mix	1/20 pkg. (28g mix)	75
		Chocolate Chip Swirl Quick Bread & Coffee Cake Mix	1/14 pkg. (35g)	135
		Lemon Poppy Seed Quick Bread & Muffin Mix	1/14 pkg. (32g)	135
		Cranberry Quick Bread & Muffin Mix	1/14 pkg. (32g)	130
	Betty Crocker	Chocolate Chunk Supreme Brownie Mix	1/20 pkg. (30g mix)	90
		Original Supreme Brownie Mix	1/20 pkg. (32g mix)	105
		Fudge Brownie Mix made w/ Hershey's Dutch Cocoa	1/20 pkg. (28g mix)	100
		Walnut Supreme Brownie Mix California Walnuts	1/20 pkg. (28g mix)	90
		Fudge Brownie Mix made w/ Hershey's Dutch Cocoa	1/9 pkg. (32g mix)	120
		Sugar Cooke Mix w/ Gold Medal	3 Tbs. Mix(28g) 2 cookies	65
		Oatmeal Chocolate Chip Cookie Mix w/ Hershey's Chocolat Chips	3 Tbs. Mix(28g) 2 cookies	130
		Chocolate Chip Cookie Mix	3 Tbs. Mix(28g) 2 cookies	55
		Walnut Chocolate Chip Cookie Mix	3 Tbs. Mix(28g) 2 cookies	90
	Duncan Hines	Chocolate Lover's Brownies Milk Chocolate Chunk	1/16 pkg. (31g mix)	105
		Family Style Brownies Chewy	1/20 pkg. (30g 1/4 cup mix)	105
		Chocolate Lover's Brownies Double Fudge	1/16 pkg. (31g mix)	110
		Family Style Brownies Chewy Fudge Snack Size	1/12 pkg. (30g mix)	120
		Family Recipe Peanut Butter	2 Tbs. Mix & 1 tsp. Peanut but	125
		Candy Shop Brownies Twix	1/16 pkg (30g mix)	105
	Pamela's Products	Ultra Chocolate Brownie Mix	2 Tbs. (28g) 1 brownie prepar	125
	Oetker	Tiramisu	1/5 pkg. (35g)	80
		Simply Organics Bownie Mix Chocolate	1/9 pkg. (41g mix)	90
		Simply Organics Cookie Mix Chocolate Chip	1/12 pkg. (29 mix) 2 cookies	110
		Simply Organics Icing Mix Vanilla	1/12 pkg. (27g)	65
		Simply Organics Icing Mix	1/12 pkg. (27g mix)	65

	King Arthur Flour	Scones Blueberry Sour Cream	6 Tbs. Dry mix (50g)	140
		Scones Cranberry-Orange	6 Tbs. Dry mix (50g)	105
		Scones English Cream Tea	6 Tbs. Dry mix (50g)	130
		Popovers & Yorkshire Pudding	1 1/2 Tbs. (21 g)	115
	The Gluten-Free Pantry	Country French Bread & Pizza Mix	3 Tbs. Dry mix (31g)	115
		Chocolate Truffle Brownie Mix	3 Tbs. Dry mix (37g)	65
		Perfect Pie Crust Mix	2 Tbs. Dry mix (18g)	70
		Chocolate Chip Cookie & Cake Mix	1 Tbs. Dry mix (15g)	60
		Old Fashioned Cake & Cookie Mix	3 Tbs. Dry mix (36g)	130
Enhancers & Relaxers	Lora Brody	All Natural Bread Dough Enhancer	1/4 tsp. (.8g)	0
		All Natural Dough Relaxer	1/2 tsp. (1g)	15
	Amy's	Low Sodium Organic Pasta Sauce	1/2 cup (125g)	100
Aisle 4 soups, cup of soup, soup mix- note all under 140 mg sodium				
	Health Valley	Organic Black Bean Soup NO salt added	1 cup (240g)	70
		Organic Tomato Soup no salt	1 cup (240g)	70
		Organic Lentil Soup no salt added	1 cup (240g)	45
		Organic Vegetable Soup no salt added	1 cup (240g)	70
		Organic Low Fat Chicken Broth	1 cup (240g)	130
		Organic Potato Leek Soup no salt added	1 cup (240g)	35
		Organic Split Pea Soup no salt	1 cup (240g)	45
		Organic Mushroom Barley Soup no salt added	1 cup (240g)	70
		Organic Minestrone Soup no salt added	1 cup (240g)	70
	Campbells	Chicken w/ Noodles Ready to serve Low sodium	1 can	140
		Split Pea Soup Ready to Serve Low Sodium	1 can	50
		Cream of Mushroom Ready to Serve Low Sodium	1 can	65

		Tomato w/ Tomato Pieces Ready to serve Low Sodium	1 can	50
	Sheltons	Chicken Broth Low Sodium Fat	1 cup (245g)	60
	Herb ox	Beef Bouillon Low Sodium	1 pkg (4g)	5
		Chicken Bouillon Low Sodium	1 pkg (4g)	5
	Vogue	Instant Vege Base	1 tsp. (4.5g)	140
	Bean Cuisine	White Bean Provencal Soup	1 oz (28g)	0
		Thick as Fog Split Pea Soup	1 oz (28g)	5
		Ultima Pasta Fagioli Soup	1 oz (28g)	5
		Mesa Maize & Bean Soup	1 oz (28g)	10
		Island Black Bean Soup	1 oz (28g)	0
		Lots of Lentil Soup	1 oz (28g)	5
Aisle 4 international section- note all less than 140 mg sodium Skip plain rice- very low in sodium				
International Sauces				
Rice	Fantastic Foods	Organic Whole Wheat Couscous	1/4 cup (55g)	0
		Organic Couscous	1/4 cup (55g)	0
	Near East	Couscous Mix Original Plain	1/3 cup (62g)	5
	Haddon House	Cultivated Wild Rice Extra Fancy	1/4 cup (45g)	0
		Cultivated Wild Riced Instant	1/2 cup (30g)	0
	Conrad-Davis	Gourmet Aromatic Long Grain Rice	1/4 cup (45g)	10
	Bellino	Risotto Wide Grain Rice	1/4 cup (52g)	0
	La Gallinella	Rice Extra Long Carnaroli	1/4 cup (47g)	0
	Konriko Brand	Wild Pecan Aromatic Rice	1/4 cup (45g)	10
	Ancient Harvest	Quinoa Traditional	1/4 cup dry (42g)	5
	Lundberg Organic	Quick Wild Rice	1/4 cup dry (45g)	0
		Wild Rice	1/4 cup dry (45g)	0
		Basmati & Wild Rice	1/4 cup dry (45g)	0
		Wehani & Wild Rice	1/4 cup dry (45g)	0
	Lotus Foods	Kalijira	1/4 cup (50g)	0
		Forbidden Rice	1/4 cup (48g)	0
		Bhutanese Red Rice	1/4 cup (45g)	0
	Wolffs	Kasha	1/4 cup dry (45g)	10
	D'Allasandro	Middle Eastern Couscous	100g	10
		Autumn Lentil Blend	100g	10
	House of Tsang	Spicy Brown Bean Sauce	1 tsp. (6g)	130

	AH WU	Black Bean Sauce	1 Tbs. (11g)	0
	Mr. Spice	Thai Peanut Sauce salt free & low	1 Tbs. (15mL)	0
		Ginger Stir-Fry Sauce salt free & fat free	1 Tbs. (15mL)	0
	The Ginger People	Ginger Peanut Dipping & Cooking Sauce	1 oz (28g)	120
		Sweet Ginger Chili Dipping & Cooking Sauce	2 Tbs. (30mL)	0
		Ginger Jerk Marinade & Cooking Sauce	1 Tbs. (15mL)	115
		Ginger Lemon Grass Dressing & Cooking Sauce	1 oz (28g)	90
	Kadoya	100% Pure Sesame Oil	1 Tbs. (14g)	0
		Hot Sesame Oil	1 Tbs. (14g)	0
	Timpone's	Organic Apricot Samba	1 Tbs. (20g)	125
	Oriental Mascot	Pure Black Sesame Oil	1 Tbs. (14g)	0
	Eden Selected	Toasted Sesame Oil	1 Tbs. (14g)	0
	Sriracha	Hot Chili Sauce	1 Tsp. (5g)	0
	Eden	Mirn Rice Cooking Wine	1 Tbs. (17g)	130
	Pearl River Bridge	Red Vinegar Vinrigre Rouge	1 Tbs. (15g)	85
	Marukan	Genuine Brewed Rice Vinegar	1 Tbs. (15mL)	0
	Asian Gourmet	Imported Sesame Oil	1 Tbs. (14g)	0
		Mandarin Orange Sauce	2 Tbs. (38g)	50
		Peking Style Duck Sauce	2 Tbs. (34g)	65
		Chinese Five Spice Powder	1/4 tsp. (.4g)	0
		Chinese Mustard Powder	1/4 tsp. (.4g)	0
	Shao Hsing	Rice Cooking Wine	1 cup (50mL)	133
	Annie Chun's	Thai Peanut Sauce	1 Tbs. (17g)	135
		Lemongrass Sauce	1 Tbs. (16g)	105
	Amoy	Sweet & Sour Sauce	2 Tbs. (33g)	65
	Chef Myron's	Yakitori Sauce	1 tsp. (6g)	140
	Eden Organic	Brown Rice Vinegar	1 Tbs. (14g)	0
	Koon Chun	Lemon Sauce	1 Tbs. (7.9g)	64
	AH-SO	Chinese Style Duck Sauce	2 Tbs. (37g)	15
	Thai Kitchen	Lemon Grass	1 Tbs. (15g)	0
	Bragg All Natural	Liquid Aminos	1/2 tsp. (2.4mL)	110
	La Choy	Sweet & Sour Sauce	2 Tbs. (34g)	110

Aisle 5 skip candy and cookies but note nuts, popcorn, potato chips, tortilla chips, salsa, pretzels and crackers less than 140 mg sodium				
Nuts	Shurfine	Cashews Halves & Pieces	1/4 cup (33g)	135
		Mixed Nuts less than 50% peanuts	3 Tbs. (26g)	110
		Honey Roasted Peanuts Premium	3 Tbs. (28g)	75
		Cashews Whole	1/4 cup (33g)	135
		Party Peanuts Premium	3 Tbs. (27g)	115
		Mixed Nuts Deluxe	1/4 cup (33g)	120
		Spanish Peanuts Premium	3 Tbs. (28g)	110
	Planters	Rich Roasted Whole Cashews in Milk Chocolate	13 pcs. (40g)	15
		Trail Mix Fruit & Nut Mix	3 Tbs. (27g)	10
		Rich Roasted Whole Peanuts in Milk Chocolate	1/4 cup (40g)	15
		Trail Mix Nut & Chocolate Mix	3 Tbs. (33g)	15
		Pecan Halves	1 pkg. (57g)	5
		Redskin Spanish Peanuts	53 pcs. (28g)	100
		Cocktail Peanuts Unsalted	35 pcs. (28g)	0
		Cocktail Peanuts	35 pcs. (28g)	115
		Honey Roasted Peanuts	39 pcs. (28g)	95
		Deluxe Mixed Nuts	20 pcs. (28g)	110
		Cashews Halves & Pieces lightly salted	40 pcs. (28g)	60
		Fancy Cashews	18 pcs. (28g)	120
		Mixed Nuts less than 50% peanuts	27 pcs. (28g)	115
	Genisoy	Soy Nut Trail Mix Tropical Paradise	1oz (28g)	20
	Woodstock Farms	Natural Pumpkin Seeds Roasted & Salted	1/4 cup (30g)	130
		Natural Cashews Large Whole Roasted & Salted	1/4 cup (30g)	130
	Grandpa Po's Original	Nutra Nuts Slightly Spicy	1/3 cup (28g)	60
		Nutra Nuts Slightly Unsalted	1/3 cup (28g)	60
	Sathers	Trail Mix	3 Tbs. (27g)	30
		Cashewettes	2 Tbs. (28g)	20
	Pumpkorn	Original Dry Roasted Pumpkin Seeds w/ natural seasonings	1/3 cup (30g)	110
	Nestle	Pretzel Flipz	7 pcs. (28g)	135
	Blue Diamond	Roasted Salted Almonds	1/4 cup (28g)	85

Popcorn	Shurfine	Kettle Corn	2 Tbs. (33g)	100
	Bearitos	Organic No Salt No Oil Microwave Popcorn	1/4 cup (40g)	0
		Organic No Oil Added Lightly Salted Microwave Popcorn	1/4 cup (40g)	90
	Newman's Own	Oldstyle Picture Show Popcorn	3 Tbs. (38g)	0
		Light Butter Pop's Corn	3.5 cups (30g)	130
		94% Fat Free Unsalted Pop's Corn	3.5 cups (30g)	30
	Orville Redenbacher's	Hot Air Popcorn	3 Tbs. (40g) unpopped	0
		Original Popcorn	3 Tbs. (40g) unpopped	0
		Caramel Popcorn	2 Tbs. (38g) unpopped	45
	Cousin Willie's	Original Popcorn	4 cups (30g)	0
	Jolly Time	White Popcorn	2 Tbs. (33g)	0
		Yellow Popcorn	2 Tbs. (33g)	0
Salsa's & Dip's	Cape Cod	Mild Salsa	2 Tbs. (34g)	110
	Better Than Freds...Salsa	Medium Salsa	2 Tbs. (33g)	19
		Hot Salsa	2 Tbs. (33g)	19
	Drew's	All Natural Medium Salsa	2 Tbs. (30mL)	100
		All Natural Hot Salsa	2 Tbs. (30mL)	100
		All Natural Mild Salsa	2 Tbs. (30mL)	100
	Newman's Own	Mild Chunky Salsa	2 Tbs. (32g)	105
		Medium Chunky Pineapple Salsa	2 Tbs. (32g)	90
		Medium Chunky Salsa	2 Tbs. (32g)	105
		Medium Chunky Peach Salsa	2 Tbs. (32g)	90
	Desert Pepper Trading Company	Roasted Tomato Chipotle Corn Salsa	2 Tbs. (31g)	85
		2 Olive Roasted Garlic Salsa	2 Tbs. (31g)	115
	Enrico's	Mild Salsa	2 Tbs. (31g)	80
		Hot Salsa	2 Tbs. (31g)	80
	Walnut Acres	Fiest Cilantro Salsa	2 Tbs. (31g)	135
		Sweet Southwestern Peach Medium Salsa	2 Tbs. (31g)	85
		Black Bean & Corn Medium Salsa	2 Tbs. (31g)	125
	Valley of Mexico	Fire Roasted Hot Salsa	2 Tbs. (30g)	125
		Fire Roasted Mild Salsa Verde	2 Tbs. (30g)	100
		Fire Roasted Medium Salsa	2 Tbs. (30g)	125
	Muir Glen Organic	Black Bean & Corn Medium Salsa	2 Tbs. (31g)	125

		Chipotle Salsa	2 Tbs. (31g)	125
		Mild Salsa	2 Tbs. (31g)	125
		Medium Salsa	2 Tbs. (31g)	125
	Choice of Vermont	Roasted Red Pepper Hummus	1 Tbs. (14g)	65
		Eggplant & Olive Hummus	1 Tbs. (14g)	80
		Portobello & Leek Hummus	1 Tbs. (14g)	70
		Roasted Garlic Hummus	1 Tbs. (14g)	80
	Green Mountain Gringo	Mild Salsa	2 Tbs. (31g)	90
		Medium Salsa	2 Tbs. (31g)	90
		Hot Salsa	2 Tbs. (31g)	90
		Roasted Garlic Salsa	2 Tbs. (31g)	90
	Miguel's Stowe Away	Medium Salsa	2 Tbs. (30mL)	85
		Chipotle Salsa	2 Tbs. (30mL)	95
		Hot Salsa	2 Tbs. (30mL)	85
		Roasted Garlic Salsa	2 Tbs. (30mL)	85
		Mild Salsa	2 Tbs. (30mL)	85
		Black Bean & Corn Salsa	(30g)	90
Pretzels	Newman's Own	Unsalted Round	8 pretzels (30g)	105
	Snyder's of Hanocer	Unsalted Mini Pretzels	20 minis (30g)	75
	Harry's All Natural	Sourdough Pretzels Unsalted	1 pretzel (26g)	50
Bag Popcorn	Bearitos Lite	Organic Popcorn 50% Less Oil	3 1/2 cups	100
Chips	Humpty Dumpty	Maine Coast Kettle Cooked Regular	21 chips (28g)	110
	Madhouse Munchies	Sea Salted & Vinegar Kettle	16 chips (28g)	130
		All American Sea Salted Kettle Cooked	16 chips (28g)	80
	Terra	Spiced Sweet Potato	1oz (28g)	105
		Blues	15 chips (28g)	115
		Sweet Potato Chips no salt added	1oz (28g)	10
		Original Exotic Vegetable Chips	1oz (28g) 14 chips	35
		Potpourri Potato Chips	1oz (28g) 13 chips	110
		Stix	1oz (28g) 50 pcs.	110
		Yukon Gold Onion and Garlic	1oz (28g) 9 chips	65
		Yukon Gold	1oz (28g) 9 chips	80
		Red Bliss Olive Oil, Roasted Garlic & Parmesan	1oz (28g) 13 chips	115
	Robert's American	Pirate's Booty with Caramel	1/2 cup (28g)	90
		Tings	1oz (28g)	140

		Veggie Booty	1oz (28g)	130
	Barbara's Bakery	Jalapeno Cheese Puffs	1oz (28g) 3/4 cup	130
	Eat Smart	CheddAirs	1oz(28g) 3 1/2 cups	140
	Skinny	Original Natural Corn Chips	28g	115
		Sour Cream & Onion Natural Corn Chips	28g	140
	Olive Oil Potato Chips	Lemon	1oz (28g)	120
	Fritos	Scoops Corn Chips	1oz (28g) 10 chips	110
	Lundberg	Rice Chips Sea Salt	10 chips (28g)	90
		Rice Chips Santa Fe Barbecue	10 chips (28g)	135
	Aunt Lisa's	Classic Selects No Salt Added Potato Chips	1oz (28g) 13 chips	0
	Shurfine	Ripple Potato Chips	1oz (28g) 18 chips	135
		Potato Chips	1oz (28g) 18 chips	135
	Michael Season's	Ripple Potato Chips	1oz (28g) 20 chips	130
		Lightly Salted Potato Chips	1oz (28g) 20 chips	130
	Kettle	Lightly Salted Organic	1oz (28g)	110
		Lightly Salted	1oz (28g)	110
	Cape Cod	40% Reduced Fat Potato Chips	1oz (28g) 19 chips	110
		10ct. Value Pack Potato Chips	1 pkg. (14g)	60
	Pringles	Ranch-Rageous	1oz (28g) 14 chips	130
		Sour Cream & Onion	1oz (28g) 14 chips	135
		Original Reduced Fat	1oz (28g) 16 chips	135
	French's	Original Potato Sticks (snack pack)	1 bag	135
		Sour Cream & Onion Reduced Fat	1oz (28g) 16 chips	140
Tortilla Chips	Kettle	Organic Blue Corn	1oz (28g)	80
		Organic Sesame Rye with Caraway	1oz (28g)	80
		Organic Brown Rice & Black Bean w/ Garlic & Onion	1oz (28g)	85
	Bearitos	All Natural Tortilla Chips	1oz (28g) 15 chips	65
		All Natural Unsalted Tortilla Chips	1oz (28g) 15 chips	5
		All Natural White Corn Tortilla Chips	1oz (28g) 15 chips	65
	Shurfine	Restraunt Style Tortilla Chips	1oz (28g) 7 chips	135
		Round Tortilla Chips	1oz (28g) 10 chips	135
	Santitas	White Corn Triangles	1oz (28g) 9 chips	110
	Bearitos	Blue Corn Tortilla Chips	1oz (28g) 15 chips	65

	Cape Cod	Garlic & Herb White Corn Tortilla Chips	1oz (28g) 12 chips	110
	Snyder's of Hanocer	Tortilla Chips	1oz (28g) 13 chips	110
	Green Mountain Gringo	Tortilla Strips	12 chips (28g)	110
	R.W. Garcia	Stone Ground Tortilla Chips	15 chips (30g)	45
	All Season's Kitchen	Blue Tortilla Chips	1oz (28g) 12 chips	110
		Red Tortilla Chips	1oz (28g) 12 chips	110
		Nacho Tortilla Chips	1oz (28g) 12 chips	110
		Red White Blue Tortilla Chips	1oz (28g) 12 chips	110
		Unsalted Restraunt Style Tortilla Chips	1oz (28g) 12 chips	0
	Garden of Eatin	Sesame Blues	1oz (28g) 9 chips	90
		Mini Yellow Rounds	1oz (28g) 8 chips	90
		Black Bean Tortilla Chips	1oz (28g) 13 chips	70
		Blue Chips	1oz (28g) 15 chips	60
	Miguel's Stowe Away	Blue Corn Tortilla Chips	1oz (28g) 12 chips	110
		White Corn Tortilla Chips	1oz (28g) 12 chips	110
	Tostitos	100% White Corn Crispy Rounds	1oz (28g) 13 chips	120
		Yellow Corn Tortilla Chips	1oz (28g) 6 chips	80
		100% White Corn Restraunt Style Tortilla Chips	1oz (28g) 6 chips	80
	French's	Taste Toppers	2 Tbs. (7g)	60
Crackers	Shurfine	Fat Free Saltines	5 crackers (16g)	135
		Saltines	4 crackers (14g)	130
		Animal Crackers	9 crackers (32g)	140
		Grahams Cinnamon	2 crackers (27g)	85
		Grahams Chocolate	2 crackers (29g)	120
		Grahams Honey	2 crackers (27g)	95
	Nabisco	Triscuit Low Sodium	7 crackers (31g)	75
		Flavor Originals Sociables	5 crackers (14g)	140
		Snackwells Cracked Pepper	5 crackers (14g)	115
		Ritz Crackers	5 crackers (16g)	135
		Ritz Crackers Low Sodium	5 crackers (16g)	35
		Crown Pilot	1 cracker (17g)	85
		Royal Lunch Milk Crackers	1 cracker (12g)	70
		Low Sodium Premium Saltine Crackers	5 crackers (14g)	35

		Unsalted Tops Premium Saline Crackers	5 crackers (15g)	115
	Sunshine Crackers	Krispy Unsalted Tops	5 crackers (15g)	125
	Keebler	Toasteds Crackers Sesame	5 crackers (16g)	135
		Harvest Bakery Crackers	2 crackers (16g)	105
		Grahams Cinnamon Crisp Low Fat	8 crackers (28g)	135
		Grahams Cinnamon Crisp	8 crackers (30g)	140
		Grahams Chocolate	8 crackers (31g)	105
		Grahams Honey Low Fat	9 crackers (31g)	130
	Dare	Vinta Crackers	2 crackers (13g)	130
		Bremner Wafers	2 wafers (15g)	105
	Breton	Reduced Fat & Sodium Thin Wheat Crackers	3 crackers (13g)	75
		Original Thin Wheat Crackers	2 crackers (13g)	140
		Sesame Thin Wheat Crackers	3 crackers (13g)	100
	Health Valley	Original Rice Bran Crackers	6 crackers (28g)	70
		Low Fat Sesame Crackers	5 crackers (14g)	140
		Low Fat Bruschetta Vegetable Crackers	6 crackers (14g)	140
		Low Fat Stoned Wheat Crackers	5 crackers (14g)	140
		Low Fat Cracked Pepper	5 crackers (14g)	140
	Blue Diamond	Almond Nut Thins	16 crackers (30g)	120
		Smokehouse Almond Nut Thins	16 crackers (30g)	125
		Pecan Nut Thins	16 crackers (30g)	85
		Hazelnut Nut Thins	16 crackers (30g)	85
	Pepperidge Farm	Cracker Quartet	4 crackers (15g)	95
		Butter Thins Crackers	4 crackers (15g)	95
		Hearty Wheat Crackers	3 crackers (16g)	100
		Cracker Trio	4 crackers (15g)	100
	Westminster Crackers	Old Fashion Squares	3-4 crackers (15g)	85
		Old Fashion Soup and Oyster Crackers	14 crackers (15g)	85
	Asian Gourmet	Rice Crackers Cheese	18 pcs. (30g)	108
	Kame	Rice Crunch Crackers Sesame	16 pcs. (28g)	75
		Rice Crunch Crackers Seaweed	16 crackers (28g)	75
	Carr's	Poppy Sesame Crackers	4 pcs. (16g)	135

		Table Water Crackers with Cracked Pepper	5 pcs. (17g)	100
		Croissant Crackers	3 pcs.(15g)	115
		Table Water Crackers baked with Roasted Garlic & Herbs	5 pcs. (17g)	140
		Table Crackers	5 pcs. (17g)	100
		Whole Wheat Crackers	2 pcs. (17g)	100
		Table Water Crackers baked with Toasted Sesame Seeds	5 pcs. (17g)	95
		Hearty Wheat Monterey Crackers	3 crackers (12g)	85
	Edward & Sons	Brown Rice Snaps Onion Garlic	8 crackers (15g)	50
		Brown Rice Snaps Tamari Sesame	8 crackers (15g)	50
		Brown Rice Snaps Tamari	8 crackers (15g)	50
		Brown Rice Snaps Vegetable	8 crackers (15g)	40
	Sesmark	Savory Thins Original	15 crackers (30g)	115
	Bremner	Natural Ry Krisp Fat Free Cracker	2 crackers (15g)	75
	Finn Crisp	Thin Rye Crispbread	3 pcs. (18g)	120
		Caraway Thin Rye Crispbread	3 pcs. (18g)	120
	Bisca	Organic Original Water Crackers	4 crackers (14g)	85
		Organic Sesame Water Crackers	4 crackers (14g)	80
	Healthy	Haute Cuisine Blueberry Crackers	11 crackers 1oz	115
		Haute Cuisine Cranberry Crackers	11 crackers 1oz	115
	Red Oval Farms	Stoned Wheat Thins Wheat	2 crackers (14g)	140
		Lower Sodium Stoned Wheat Thins Wheat Crackers	2 crackers (14g)	70
	Kavali	Crispy Garlic Whole Grain	3 pcs. (15g)	115
		Crispy Onion Whole Grain	3 pcs. (15g)	115
		Crispy Thin Whole Grain	3 pcs. (15g)	40
	Ryvita	Dark Rye Whole Grain Crispbread	2 slices (18g)	70
		Light Rye Whole Grain Crispbread	2 slices (18g)	35
		Fruit Crunch Whole Grain	1 slice (15g)	0
		Sesame Rye Whole Grain	2 slices (18g)	70
	Wasa	Fiber Rye Crispbread	1 slice (10g)	50
		Sesame Crispbread	1 slice (14g)	70
		Sourdough Rye Crispbread	1 slice (11g)	45
		Light Rye Crispbread	1 slice (8g)	40
		Hearty Rye Crispbread	1 slice (14g)	70

Aisle 7 Note frozen dinners, diner mixes, burritos, breads, frozen breakfasts, that are less than 140 mg sodium

Breakfast	MorningStar Farms	Scramblers	1/4 cup (57g)	95
	Pet-Ritz	Honey Buns	1 honeybun (50g/1.8 oz)	140
	Vans All Natural	Mini Waffles Homestyle	2 sets of 4 Waffles (53g)	114
	Egg Beaters	Egg Beaters	1/4 cup (61g)	125
	Cascadian Farms	Organic Hash Browns	1 cup (85g)	0
	Shurfine	Southern Style Hash Brown	2/3 cup (85g)	15
	Ore Ida	Country Style Hash Browns Shredded Potatoes	1/4 cup (87g)	20
		Hash Browns Southern Style Potatoes	2/3 cup (82g)	30
Breads	Enter	Tapioca Loaf	1 slice (28g)	90
		White Rice Loaf	1 slice (38g)	140
	Food For Life	Ezekiel 4:9 Cinnamon Raisin	1 slice (34g)	65
		Ezekiel 4:9 Original	1 slice (34g)	75
		Ezekiel 4:9 Sesame	1 slice (34g)	80
		Ezekiel 4:9 Low Sodium	1 slice (34g)	0
		Bran for Life Bread	1 slice (34g)	140
		LowCarbohydrate Bread	1 slice (23g)	65
		Rice Pecan Bread (Wheat & Gluten Free)	1 slice (43g)	5
		Rice Almond (Wheat & Gluten Free)	1 slice (43g)	5
		Ezekiel 4:9 Prophet's Pocket Bread	1 pocket bread (47g)	120
		Ezekiel 4:9 Sprouted Grain Tortillas	1 tortilla (57g)	140
	Nature's Path	Organic Manna Bread Fruit & Nut	2 oz (56g/3/4 slice)	7
		Organic Manna Bread Sun Seed	2 oz (56g/3/4 slice)	3
		Organic Manna Bread Multi Grain	2 oz (56g/3/4 slice)	3
	Atkins	Traditional Rye Bread	1 slice (28g)	130
		Country White Bread	1 slice (28g)	120
Dinners/Dinner Mixes	Health is Wealth	Spinach Munchees Vegetarian	2 munchees, 28g	105
	Cascadian Farms	Organic French Fries	3 oz (84g)	20
Vegetables	Birds Eye	French Cut Green Beans	1 cup (83g)	10
		Chopped Broccoli	3/4 cup (84g)	20
		Whole Leaf Spinach	1/3 cup (83g)	115
		Green Peas	2/3 cup (89g)	105

		Cut Green Beans	2/3 cup (81g)	10
		Chopped Spinach	1/3 cup (83g)	115
		Broccoli, Green Beans Pearl Onions & Red Peppers	1 cup (85g)	15
		Brussels Sprouts, Cauliflower & Carrots	1 cup (97g)	35
		Broccoli, Cauliflower & Carrots	1 cup (87g)	25
		Broccoli & Cauliflower	1 cup (86g)	20
		Baby Corn Blend	2/3 cup (82g)	10
		Broccoli Corn & Red Peppers	3/4 cup (85g)	10
		Broccoli, Carrots & Water	1 cup (94g)	25
		Sugar Snap Stir Fry	1 cup (96g)	20
		Broccoli Stir Fry	1 cup (96g)	30
		Pepper Stir Fry	1 cup (84g 3 oz.)	5
	Birds Eye Deluxe	Italian Green Beans	3/4 cup (84g)	10
		Artichoke Hearts	3 oz (84g/12pcs)	55
		Baby Broccoli Spears	3 oz (84g/4 spears)	20
		Tiny Tender Peas	2/3 cup (87g)	105
		Asparagus Spears	3 oz (84g/7 spears)	5
		Tendersweet Corn	2/3 cup (90g)	10
		Baby Whole Carrots	2/3 cup (85g)	45
		Baby Lima Beans	1/2 cup (83g)	140
		Fordhook Lima Beans	1/2 cup (88g)	10
		Whole Green Beans	3 oz (84g/25 beans)	10
		"Sugar Snap" Snap Peas	2/3 cup (83g)	10
		Asparagus Cuts	3/4 cup (83g)	5
		Broccoli Florets	1 cup (85g)	20
		Mixed Vegetables	2/3 cup (86g)	35
		Broccoli Cuts	1 cup (87g)	20
		Sweet Corn	2/3 cup (90g)	10
		Brussels Sprouts	6 brussels (85g)	25
	Shurfine	Broccoli & Cauliflower Veg. Blend	1 cup (85g)	20
		Stir Fry Vegetables	3/4 cup (85g)	15
		Oriental Blend	3/4 cup (85g)	10
		Stew Vegetables	2/3 cup (85g)	40
		California Blend	3/4 cup (85g)	25
		Vegetable Soup Mix	2/3 cup (85g)	100

		Mediterranean Blend	2/3 cup (85g)	30
	Green Giant	Niblets Corn No Sauce	2/3 cup (96g frozen) 1/2 cup c	60
		Green Beans & Almonds No Sauce	2/3 cup (81g frozen) 1/2 cup c	100
		Broccoli Spears No Sauce	3.5 oz (99g) about 3 spears	120
Aisle 7 end refrigerators note veggie foods and pastsa and pizzas less than 140 mg sodium				
	Sheltons	Turkey Burgers	1 patty (113g)	110
	Perfect Addition	Rich Vegetable Stock	1/2 cup (113g)	25
		Rich Fish Stock (Fumet)	1/2 cup (113g)	50
Both Ends of HABA aisle, plus little island with cliff, odwalla and luna bars note products that are less than 140 mg sodium				
	Enzymatic Therapy	GS1500	1 packet	150
bars	Honey Bear Organic	Hemp & Flax	1 bar	5
		Trail Mix	1 bar	0
		Peanut	1 bar	0
		Sunflower	1 bar	0
		Granola	1 bar	25
	Kashi Go Lean	Oatmeal Raisin Cookie	1 bar	140
	GeniSoy	Chunky Peanut Butter Fudge	1 bar	130
	Balance	Chocolate Banana	1 bar	135
		Caramel Nut Blast	1 bar	105
		Chocolate Raspberry Fudge	1 bar	90
		Mocha Chip	1 bar	125
	Think Thin! Low Carb Diet	S'mores Lite	1 bar	140
	Cliff Luna	Orange Bliss	1 bar	100
		Toasted Nuts 'N Cranberry	1 bar	130
		Key Lime Pie	1 bar	80
		Chocolate Pecan Pie	1 bar	125
		Nutz Over Chocolate	1 bar	100
		Chocolate Peppermint Stick	1 bar	130
		Lemonzest	1 bar	50
		Chai Tea	1 bar	125
		S'Mores	1 bar	125
	Oskri	Sesame Bar w/ Date Syrup &	1 slice	2
		Sesame Bar w/ Date Syrup	1 slice	2
		Sesame Bar w/ Date Syrup & Black Cumin	1 slice	2
	Pemmican	Fruit 'N Nut	1/2 bar	45
		Carob-Cocoa	1/2 bar	40

	Odwalla	Cranberry C Monster	1 package	30
		Carrot	1 package	40
		Chocolate	1 package	90
	Boulder	Peanut Butter	1 bar	25
		Original Chocolate	1 bar	10
		Chocolate Chip Peanut Butter	1 bar	110
		Boulder Berry	1 bar	15
	Atkins Indulge	Peanut Butter Cups	3 cups	70
		Caramel Nut Chew	1 container	70
		Chocolate Candy Bar	1 bar	<5
	Atkins Advantage	Chocolate Decadence Bar	1 bar	65
		Chocolate Mocha Crunch Bar	1 bar	120
		Chocolate Coconut Bar	1 bar	100
		Almond Brownie Bar	1 bar	105
	Cliff Bar	Cool Mint Chocolate	1 bar	140
		Black Cherry Almond	1 bar	110
		Lemon Poppyseed	1 bar	110
		Cranberry Apple Cherry	1 bar	100
		Apricot	1 bar	90
		Chocolate Almond Fudge	1 bar	140
	PowerBar Pria	French Vanilla Crisp	1 bar	80
		Double Chocolate Cookie	1 bar	90
		Chocolate Honey Graham	1 bar	80
		Chocolate Peanut Crunch	1 bar	80
	PowerBar Harvest	Toffe Chocolate Chip	1 bar	100
	PowerBar Protein Plus	Mocha Almond Fudge	1 bar	110
		Chocolate Fudge Brownie	1 bar	140
	PowerBar	Peanut Butter	1 bar	130
		Apple Cinnamon	1 bar	90
		Banana	1 bar	100
		Chocolate	1 bar	95
		Chocolate Peanut Butter	1 bar	95
		Vanilla Crisp	1 bar	90
		Oatmeal Raisin	1 bar	110
		Wild Berry	1 bar	90
BIN Bulk- note any items with MORE than 140 mg sodium				

	Fantastic Foods	Falafil Mix	1/2 cup (73g)	610
		Nature's Burger Mix	1/4 cup (47g)	330
		Instant Black Bean Mix	1/3 cup (45g)	370
		Tabouli Salad Mix	1/4 cup (36g)	450
		Vegetarian Chili Mix	1/8 cup (18g)	280
		Instant Refried Bean Mix	1/3 cup (45g)	380
	Salt	Extra Fine (Refined) Sea Salt	1/4 tsp.	490
		Coarse (Unrefined) Sea Salt	1/4 tsp.	490
	New England Natural Bakers	Tex Mex Snack Mix	1/3 (33g)	190
	Granola Kitchen	Yogurt Pretzels	40g	320
	Golden Flavor	Wild Rice Sticks	22 pcs (30g)	170
	Sesmark	Honey Roasted Sesame Sticks	28g	350
		Roasted & Salted Corn Nuts	1/4 cup (28g)	170
		Garlic Sesame Sticks	1/2 cup (28g)	350
		Sesame Sticks	18pcs (28g)	290
		Roasted & Salted Cashews	1/4 cup (28g)	180
		In-Shell Roasted & Salted	30 g	240
		Wasabi Coated Green Peas	1/4 cup (30g)	240
Gourmet cheese, olives, soy foods case- note all foods under 140 mg sodium				
	D'Artagnan	Black Truffle Butter	.5 oz (15g)	15
	Vermont Butter & Cheese Company	Creamy Goat Cheese Classic	1 oz (28g)	70
		Creamy Goat Cheese Olive & Herb	1 oz (28g)	70
		Creamy Goat Cheese Roasted Red Pepper	1 oz (28g)	70
		Mascarpone	1 oz (28g)	20
		Quark	2 oz (57g)	80
		Fromage Blanc	2 oz (57g)	100
		Chève Pepper	1 oz (28g) 2/3 slice	45
		Chève Classic	1 oz (28g) 2/3 slice	45
		Chève Herb	1 oz (28g) 2/3 slice	45
	IL Villaggio	Fourmet Mozzarella	1 oz (28g)	75
		Parmesan Cheese Grated Imported	1 Tbs. (6g)	55
	Friendship	Farmer Cheese	1 oz (30g about 2 Tbs.)	120

	Ovoline	Fresh Mozzarella	1 oz	40
	CilieGINE	Fresh Mozzarella	1 oz	20
	Arz	Kefir Cheese Labne	1 oz (28g)	50
	Calabro	Ritcotta Cheese Whole Milk	1/4 cup (62g)	80
		Organic Ricotta Cheese	1/4 cup (62g)	65
	Krinos	Taramosalata	1 Tbs. (15g)	115
	Arla	Danish Feta in Oil & Spices	7 cubes (28g)	115
		Organic Cheddar Canadian	1 oz (28g)	135
		Swiss Emmenthaler Australia	1 oz (28g)	100
		Fol Epi French Swiss	1 oz (28g)	140
		German Tilsiter	1 oz (30)	132
	Heini's	Yogurt Cheese Garlic & Herb	1 oz	140
	Fanny Mason	Farmstead Baby Swiss	1 oz (28g)	45
	Taylor Farm Cheese	Maple Smoked Gouda	1 oz (28g)	40
	Comte	French Gruyere	1 oz (28g)	100
	Geska	Sap Sago Genuine Swiss Green Cheese	1 Tbs (5g)	40
	Denmark's Finest	Havarti with Herbs & Spices	1 oz (28g)	140
		Havarti With Chives	1 oz (28g)	130
		Havarti with Caraway	1 oz (28g)	140
	Chevrolle	Goat Cheese	1 oz (28g) 1 inch cube	130
	Mt. Vikos	Manouri Greece Goat Cheese	1/2 oz (15g)	90
		Glazed & Roasted Figs	2 Tbs.	0
	Canadian Cheddar	Ottawa Sharp Goats Milk Cheese	1 oz (30g)	70
	Chavrie	Goats Milk Cheese	1 Tbs (31g)	120
	Pinna	Santa Teresa	1 oz (28g)	26
	Tine	Ekte Geitost	1 oz (28g)	85
	Rice	Cream Cheese Alternative Soy	2 Tbs. (30g)	90
		Parmesan Alternative Soy Free	2 Tbs. (5g)	90
	Soyco Foods	Vegan Parmesan Alternative Dairy Free	2 Tbs. (5g)	90
		Veggy Parmesan Reduced Fat	2 Tbs. (5g)	90
	Tofutti	Better Than Cream Cheese Plain	1 oz	135
		Better Than Cream Cheese Herbs & Chives	1 oz	135

		Better Than Sour Cream Sour Supreme	2 Tbs. (30g)	120
Tofu Cooler	Grainaissance	Mochi Sesame Garlic	1.5 oz (45g) 2/2" pc.	20
		Mochi Original	1.5 oz (45g) 2/2" pc.	0
		Mochi Raisin & Cinnamon	1.5 oz (45g) 2/2" pc.	35
	Lightlife	Tempeh Three Grain	4 oz (113g)	0
		Tempeh Soy	4 oz (113g)	0
		Tempeh Wild Rice	4 oz (113g)	10
	Smoke & Fire	Org. Smoked Tofu Herb	1/2 cup (85g)	110
		Org. Smoked Tofu BBQ	1/2 cup (85g)	135
		Org. Smoked Tofu Thai	1/2 cup (85g)	140
	Mori-Nu	Silken Tofu Extra Firm	3 oz (84g) about 1 slice	55
		Silken Tofu Firm	3 oz (84g) about 1 slice	30
		Silken Tofu Soft	3 oz (84g) about 1 slice	0
		Silken Lite Tofu Firm	3 oz (84g) about 1 slice	70
		Silken Lite Tofu Extra Firm	3 oz (84g) about 1 slice	85
	Nasoya	Tofu Firm	1/5 pkg. (79g)	0
		Tofu Soft	1/5 pkg. (79g)	0
		Tofu Silken	1/5 pkg. (79g)	5
		Tofu Extra Firm	1/5 pkg. (79g)	0
		Lite Tofu Lite Firm	1/5 pkg. (79g)	25
		Lite Tofu Lite Silken	1/5 pkg. (79g)	65
	Soy Boy	Soy Tempeh Org. Low Sodium No Cholesterol	3 oz (84g) about 1/3 pkg.	25
		5 Grain Tempeh Low Fat	3 oz (84g) about 1/3 pkg.	30
		Organic Extra Firm Tofu	3 oz (84g) about 1/5 pkg.	5
		Non-GMO LowFu Low Fat Tofu	1/5 block (84g)	10
	White Wave	Organic Extra Firm Tofu	1/5 block (91g)	5
Salad dressings, croutons- note all under 140 mg sodium				
Sallad Dressings	Vermont Gold	Maple Dijon Dressing	2 Tbs. (30g)	130
	Brianna's Homestyle	Dijon Honey Mustard Dressing	2 Tbs. (30mL)	110
	Ken's Steak House	Sweet Vidalia Onion	2 Tbs. (30g)	120
	The Silver Palate	Balsamic Country Salad Splash	2 Tbs. (30g)	25
	Mousewood Restraunt	Creamy Basil	1 oz (30mL)	130
	Nasoya	Sesame Garlic	2 Tbs. (30g)	130
		Creamy Dill	2 Tbs. (30g)	135

	Maple Grove Farms of Vermont	Balsamic Vinaigrette with Pure Maple Syrup	2 Tbs. (30mL)	40
		Balsamic Vinaigrette	2 Tbs. (30mL)	90
		Fat Free Poppyseed	2 Tbs. (30g)	80
		Fat Free Lime Basil Vinaigrette	2 Tbs. (30mL)	90
	Emerils	Creole Mustard Honey Dressing	2 Tbs. (30mL)	125
		House Herb Vinaigrette	2 Tbs. (30mL)	40
	Stonewall Kitchen	Olive Oil & Balsamic Dressing	2 Tbs. (30mL)	0
		Lemon Peppercorn Vinaigrette	2 Tbs. (30mL)	140
		Maple Balsamic Dressing	2 Tbs. (30mL)	135
	Annie's Naturals	Raspberry Vinaigrette	2 Tbs. (32g)	75
		Balsamic Vinaigrette	2 Tbs. (29g)	75
		Organic Thousand Island Dressing	2 Tbs. (31g)	140
		Gardenstyle Dressing	2 Tbs. (30g)	110
		Black Olives & Truffle Vinaigrette	2 Tbs. (30g)	110
		Organic Red Wine & Olive Oil Vinaigrette	2 Tbs. (29g)	120
		Organic Green Garlic Dressing	2 Tbs. (30g)	140
		Basil & Garlic Vinaigrette with Olive Oil	2 Tbs. (30g)	120
	Drew's All Natural	Soy Ginger	1 Tbs. (15mL)	70
		Kalamata Olive & Caper	1 Tbs. (15mL)	90
		Garlic Italian Vinaigrette	1 Tbs. (15mL)	110
		Shitake Ginger	1 Tbs. (15mL)	90
		Smoked Tomato	1 Tbs. (15mL)	60
		Romano Caesar	1 Tbs. (15mL)	70
		Rosemary Balsamic	1 Tbs. (15mL)	50
		Sesame Orange	1 Tbs. (15mL)	90
		Thai Sesame Lime	1 Tbs. (15mL)	80
		Roasted Garlic & Peppercorn	1 Tbs. (15mL)	90
		Lemon Tahini Goddess	1 Tbs. (15mL)	90
Croutons	Pepperidge Farm	Fat Free Spicy Italian	6 croutons (7g)	90
		Classic Cut Seasoned	11 croutons (7g)	65
		Buttermilk Ranch	6 croutons (7g)	80
		Zesty Italian	6 croutons (7g)	85
		Fat Free Caesar	6 croutons (7g)	80
		Onion & Garlic	11 croutons (7g)	60

		Classic Caesar	6 croutons (7g)	90
		Cheese & Garlic	11 croutons (7g)	70
		Sourdough Cheese	6 croutons (7g)	80
	Olivia's Crouton Company	Multi Grain with Garlic	4 croutons (7g)	50
		Vermont Cheddar & Dill	4 croutons (7g)	50
		Butter & Garlic	4 croutons (7g)	50
		Parmesan Pepper	4 croutons (7g)	50
	Homestyle Chatham Village	Garlic & Herb	2 Tbs. (7g)	55
		Garlic & Onion	2 Tbs. (7g)	85
		Caesar	2 Tbs. (7g)	50
		Garden Herb	2 Tbs. (7g)	55
		Large Cut Ranch	2 Tbs. (7g)	95
Bacon Bits	Durkee	Bacon Flavored Bits	1 Tbs (7g)	140
	Betty Crocker	Baco's	1 1/2 Tbs. (7g)	120
Endcap Across from meat dept- and shelves in front of seafood- note all products less than 140 mg sodium				
Sauce & Marinades	World Harbors Acadia	Lemon Pepper & Garlic	2 Tbs. (30g)	140
	Chef Myrons	Yakitori	1 Tbs. (6g)	140
	Maple Gourmet	Rosemary Garlic	2 Tbs. (30g)	35
	Lea & Perrins	Worestershire Sauce	1 Tbs. (5g)	65
	Shurfine	Worcestershire Sauce	1 tsp (5mL)	70
	Fiery	Caribbean Heat	1 Tbs. (15mL)	15
	Tropical Pepper Co.	Steak Seasoning Sauce	1 Tbs. (15mL)	55
	Colgin	Liquid Smoke	1 tsp. (4.5g)	10
	Smith & Wollensky	Steak Sauce	2 Tbs. (28g)	100
	Consorzio	Baja Lime Marinade	1 Tbs.(15g)	140
		Tropical Grill Marinade	1 Tbs. (15g)	10
	Olde Cape Cod	Lemon Ginger BBQ & Grilling	2 Tbs. (31g)	10
	Stubb's	Pork Marinade	1 Tbs. (16g)	115
		Chicken Marinade	1 Tbs. (16g)	95
	Uncle Dougie's	World's Most Dangerous Barbecue Sauce	2 Tbs. (28g)	140
		Wild-Mild Barbecue Sauce	2 Tbs. (28g)	140
	Maple Grove Farms of Vermont	Lemon with Cracked Peppercorn	1 Tbs. (15mL)	60
		Hickory & Maple	1 Tbs. (15mL)	140

		Original Honey Mustard	1 Tbs. (15mL)	120
	Stonewall Kitchen	Curried Mango Grille Sauce	2 Tbs. (30mL)	15
		Maple Chipotle Grille Sauce	2 Tbs. (30mL)	55
		Vidalia Onion Fig Sauce	2 Tbs. (30mL)	5
		Roasted Garlic Peanut Sauce	2 Tbs. (30mL)	50
		Red Wine Vinegar Dressing	2 Tbs. (30mL)	0
	Vermont Gold	Lemon Caper	2 Tbs. (30g)	115
		Cranberry Ginger	2 Tbs. (30g)	115
		Mandarin Orange	2 Tbs. (30g)	95
		Ancho Chili Cherry	2 Tbs. (30g)	75
	Drew's All Natural	Soy Ginger	1 Tbs. (15mL)	70
		Kalamata Olive & Caper	1 Tbs. (15mL)	90
		Shitake Ginger	1 Tbs. (15mL)	90
		Lemon Tahini Goddess	1 Tbs. (15mL)	90
		Roasted Garlic & Peppercorn	1 Tbs. (15mL)	90
		Thai Sesame Lime	1 Tbs. (15mL)	80
		Rosemary Balsamic	1 Tbs. (15mL)	50
		Romano Caesar	1 Tbs. (15mL)	70
		Garlic Italian Vinaigrette	1 Tbs. (15mL)	110
		Smoked Tomato	1 Tbs. (15mL)	60
		Sesame Orange	1 Tbs. (15mL)	90
Self serve meat case and seafood refrigerated case all items less than 140 mg of sodium				
Meat Case	Pokanoket Farm	Ground Ostrich Meat	3 oz (84g) roasted	70
	Pilgrim's Pride	All Natural Ground Turkey	4 oz (112g)	30
	Garden Manor Farms	Beef Steak Hamburgers	1 burger (113g)	80
Self Serve Seafood Case	Shaomai	Shrimp Pot Stickers	26g	114
	Mama Shaw's	Gourmet Cheese & Shrimp Fillos	31g	120
	Ecofish	Albacore Tuna Medallions	6 oz raw	87
	Ducktrap River Fish Farm	Mustard Dill Sauce	1 tsp. (5g)	65
		Traditional Horseradish Sauce	1 tsp. (5g)	15



