

Low Sodium Shopping at the Davis Food Co-op

The following products contained the amounts of sodium listed when this list was written (8/2011). Please read the labels! Manufacturers make changes in ingredients without warning. We can't guarantee that these products will stay the same, or will not be replaced by other products.

- Sodium-free -- less than 5 milligrams of sodium per serving
- Very low-sodium -- 35 milligrams or less per serving
- Low-sodium -- 140 milligrams or less per serving

Product name	Sodium mg	Comments
Canned Vegetarian Soups		
Health Valley Org. "No Salt Added" line		
Tomato	60 mg.	
Lentil	30 mg.	
Potato Leek	30 mg.	
Minestrone	50 mg.	
Imagine Vegetarian Broth	140 mg.	
Mushroom Barley	60 mg.	
Pacific Vegetarian Broth	140 mg.	
Rice Primavera	135 mg.	
Split Pea	85 mg.	
Canned Omnivore Soups		
Shelton's Low-Sodium Chicken Broth	60 mg.	Shelton's makes a chicken broth with high sodium. Make sure to grab the one that says Low-Sodium on the can.
Health Valley "No Salt Added" Beef broth	120 mg.	
Health Valley Organic No Salt Added Chicken Noodle Soup	135 mg.	
		The next two products are with the boxed broths.
Imagine Organic Free-range Low Sodium Chicken Broth	115 mg.	
Pacific Organic free range chicken broth low sodium	70 mg.	
Tomatoes, canned		
Muir Glen Org. "No Salt Added" diced tomatoes	15 mg.	
Muir Glen Org. "No Salt Added" tomato sauce	10 mg.	
S & W "No Salt Added" diced tomatoes	50 mg.	
Pomi chopped tomatoes	10 mg.	

Pomi strained tomatoes	10 mg.	
Tomato Sauce, ready to use		
Walnut Acres “Fat free Low-Sodium” -Tomato Basil	20 mg.	This is the only sauce we carry that qualifies as low-sodium.
Pasta		
All plain dry semolina pastas	5 mg. or less	Watch out for filled pastas such as tortellini or ravioli and potato gnocchi, they are much higher in sodium.
Soy or veggie (spinach etc.) pasta	10-40 mg.	
Water Packed Pasta (Near Deli)		
House- Food Tofu Shirataki Noodle Substitute	15 mg.	
Wildwood Pasta Slim Spaghetti	5 mg.	
Wildwood Pasta Slim Spinach Fettuccini	10 mg.	
Shelf Stable Salsa		
		There are numerous salsas that have between 100 and 140 mg. of sodium per serving, although serving sizes can be small. Listed are salsas with less than 100 mg. of sodium per serving.
Walnut Acres –Sweet SW Peach Salsa	85 mg.	
Green Mtn. Gringo –All Varieties	90 mg.	
Salpica Chipotle Black Bean	90 mg.	
Chips/pretzels/other crunchies		
		Tortilla chips generally have less sodium per serving but the serving suggestions may be small. Pretzels are generally high in sodium, even when “unsalted.” Listed are very low sodium (35 mg. or less per serving)
Bearitos Unsalted Tortilla Chips	5 mg.	
Casa Sanchez Salt Free Organic Tortilla Chips	0 mg.	
Garden of Eatin’ Blue Chips No Salt Added	10 mg.	
Guiltless Gourmet Unsalted Yellow Corn Tortilla Chips	26 mg.	
Kettle Potato Chips Unsalted	5 mg.	
Terra Sweet Potato Chips No Salt Added	10 mg.	
Dry Cereal		
		Most packaged cereals have over 200mg. of sodium per serving, while several have between 5 and 90 mg. Listed are those with 0 mg. of sodium

		per serving.
Shredded Wheat: Most Varieties (Check Nutrition Facts label)	0 mg.	
Kashi 7 Whole Grain Honey Puffs	0 mg.	
Nature's Path –puffed grains –All Varieties	0 mg.	
Familia –Swiss Muesli	0 mg.	
Breadshop Granola Raspberry n' Cream	0 mg.	
Alvarado Street Organic Granola: All Varieties	0 mg.	
Arrowhead Mills Organic Puffed Kamet Cereal	0 mg.	
Arrowhead Mills Puffed Rice Cereal	0 mg.	
Galaxy Granola: All Varieties	0 mg.	
Glatenfreeda Granola Cranberry Cashew Honey	0 mg.	
Udi's Gluten Free Granola: All Varieties	0 mg.	
Frozen Entrees		
Stay away from frozen entrees. They are high in sodium.		
Frozen Vegetables:		
There is a wide variety of frozen vegetable brands with “0 mg.” of sodium per serving, and some with no salt added that have a natural amount of sodium content. Check the Nutrition Facts label for “0 mg.” sodium per serving, and the Ingredients List to see if salt is added when sodium content is listed. If no salt is added, the vegetable is worth eating.		
Frozen Side dishes		
Cascadian Farms –Frozen potatoes -All	0 mg.-40mg.	Most prepared frozen foods have quite a bit of sodium.
Frozen Pizzas: None of the Frozen Pizzas we carry are low in sodium.		
Frozen Pizza Crust		
Nature's HilightS Brown Rice Pizza Crust	0 mg.	
Frozen breads		
Earth Seed Fruit & Nut Bread	0 mg.	
Ezekiel Low Sodium Sprouted Grain Bread	0 mg.	
Food for Life Wheat & Gluten Free Rice Almond Bread	5 mg.	
Food for Life Wheat & Gluten Free Rice Pecan Bread	5 mg.	
Manna Organics Manna Bread	15 mg.	
Crackers		
		Crackers tend to be high in sodium, in part because of their small serving sizes. Listed are those that are very low sodium (35 mg. of sodium or less per serving).
Convenience Without Compromise Brown Rice Snaps Unsalted Plain	0 mg.	

Manischewitz Matzo Crackers Unsalted	0 mg.	
Manischewitz Matzos	0 mg.	
Ryvita Fruit & Seed Crunch	0 mg.	
Streit's Matzos Whole Wheat	0 mg.	
GG Scandinavian Bran Crispbread	30 mg.	
Cookies		
		Cookies have a wide range of sodium content per serving, often with small serving sizes. Listed are cookies that are very low sodium (35 mg. of sodium or less per serving).
Family Recipe Almondina Biscuits: All Varieties	8-12 mg.	
Glutina Gluten Free Water Cookies: All Varieties	25 mg.	
Heaven Sent Old-World Chocolate Sandwich	35 mg.	
Jennies Coconut Macaroons	10 mg.	
Kinnikinnick Gluten Free Kinnikritters Animal Cookies	25 mg.	
Kinnikinnick Gluten Free Kinnitoos: All Varieties	20-35 mg.	
Loacker Quadratini: All Varieties	25-35 mg.	
Monster Munchies All Natural Gourmet Cookies: All Varieties	24 mg.	
Bakery Tables		
All Natural Fudge Brownie Bites Gluten Free	30 mg.	
Black Heart Black Cherry Licorice	10 mg.	
Bonami Mini Amorelli	20 mg.	
COCO PMS Chocolate Truffles: All Varieties	6 mg.	
Rubicon Bakery Vanilla Marshmallows	10 mg.	
Torta al Cioccolato Flourless Chocolate Torte Gluten Free	20 mg.	
Bread, Fresh		
Alvarado Street –Salt-Free Bread	10 mg.	
Naroe's Bakery Sourdough French	10 mg.	
Salsa, fresh		
		Several brands of fresh salsa have between 100 and 140 mg. of sodium per serving; read your Nutrition Facts labels. Listed are those with less than 100 mg. of sodium per serving.
Casa Sanchez Organic Medium Salsa Salt Free	0 mg.	
Corn Cheaps Mild Salsa	90 mg.	
Corn Cheaps Corn Salsa	90 mg.	

Hummus & Dips		
		There are several brands of hummus and dips in the fresh section that have between 100 and 140 mg. of sodium per serving. Listed are those with less than 100 mg. of sodium per serving.
Affi's Caper Hummus	50 mg.	
Nonna Lena's Black Bean Hummus	55 mg.	
Affi's Hummus with Capers	50 mg.	
Haig's Hummus Garbonza Bean Meze	90 mg.	
Haig's Roasted Red Pepper Hummus	90 mg.	
Marin Gourmet Aubergine Fireroasted Eggplant & Garlic	5 mg.	
Tribe Organic Hummus Sweet Roasted Red Peppers	95 mg.	
Wildwood Hummus	95 mg.	
Wild Garden Hummus Dip (Aisle 6)	70 mg.	
Cheese (less than 100 mg. of sodium per serving)		
Emmentaler Swiss	50 mg.	
Mozzarella Fresca Fresh Mozzarella	95mg.	
Galbini Mozzarella Fresca Fresh Mozzarella (in water)	65 mg.	
Petaluma Creamery Part Skim Mozzarella	80 mg.	
Petaluma Creamery Monterey Jack	80 mg.	
Veggie "Meat" Things		
		All other Meat substitutes are really high in sodium including veggie burgers.
LightLife Organic Tempeh: All Varieties	10 mg.	
West Soy Tempeh Five Grain	0 mg.	
West Soy Tempeh Original	10 mg.	
Canned Beans (less than 100 mg. sodium per serving)		
Eden Organic No Salt Added Beans: All Varieties	15 to 30 mg.	
Walnut Acres Organic Whole Garbanzo and Black Beans	85 mg.	
Canned Fish		
		There are several brands of canned fish that have from 100 to 140 mg. of sodium per serving. Listed are those under 100 mg.
Crown Prince Solid White No Salt Added Albacore Tuna	30 mg.	
Crown Prince Boiled Baby Clams	60 mg.	
Natural Sea Pink Salmon No Salt Added	60 mg.	
Raincoast Red Salmon No Salt Added	35 mg.	

Fresh Yogurt

There are a wide variety of fresh yogurts, several with less than 100 mg. of sodium per 1 cup serving. Due to the different sizes of yogurt containers, ranging from 5.3 ounces to 32 ounces, it can be difficult to tell which ones fit this lower amount of sodium. Check the Nutrition Facts label. Look for a maximum 96 mg. of sodium where the serving size is 1 cup; a maximum of 84 mg. of sodium where the serving size is 7 ounces; a maximum of 72 mg. of sodium where the serving size is 6 ounces; and a maximum of 64 mg. of sodium if the serving size is 5.3 ounces.