

"It is a true saying that a man must eat a peck of salt with his friend before he knows him."
-Miguel de Cervantes, *Don Quixote*

TRADER JOE'S®

LOW SODIUM PRODUCTS



Salt is acclaimed to possess many powers, but a peck can pack the perfect punch and is often preferred by the palate, as well as the heart. Our products with a peck of **salt** (aka 140 mg or less per serving) include, but are not limited to the following. Please note - this list is not all-inclusive. We do our best to keep the information as up to date and as accurate as possible, but we do introduce and discontinue products all the time, so keep your eyes open and always read product labels.

BEVERAGES

Shelf Non-Bubbly

100% Cranberry
All Natural Apple Juice
Apple Grape Juice
Apple Cranberry Juice
Black Raspberry Juice
Blackberry Crush
Berry Bonanza
Blueberry Estate
Blueberry Pomegranate
Blueberry Pomegranate Green Tea
Cherry Cider
Concord Grape Juice
Cranberry Raspberry Blend
Dixie Peach
Dynamo Plus Calcium
Electrolyte Enhanced Water
Fresh Pressed Apple Juice
Gala Apple Juice
Grapefruit Sunset
Green Plant
Green Tea Unsweetened
Hibiscus Cranberry Blend
Joe's Kids (Apple Juice, Apple Grape Juice, Lemonade, White Grape Juice)
Just Blueberry
Kettle Brewed Green & White Tea
Kettle Brewed Unsweetened Black Tea
Low Sodium Garden Patch
Mango Green Tea
Mango Nectar
Mango Passion Fruit Blend
Nutrient Enhanced Waters (Lemonade, Fruit Punch, Tropical Citrus, & Dragonfruit)
Orange & Bergamot Green Tea
Organic 100% Pomegranate
Organic Apple Juice
Organic Apple Cranberry Juice
Organic Cranberry Harvest
Organic Lemonade
Organic Mango Lemonade
Organic Pink Lemonade
Organic Spiced Cider
Organic Tea & Lemonade
Organic Unfiltered Apple Juice
Organic White Grape Juice
Pomegranate Green Tea
Rio Red Grapefruit Blend
Strawberry Kiwi Juice
Strawberry Lemonade
Triple Berry Juice
Tropical Carrot Juice Blend
Unfiltered Concord Grape Juice
Unfiltered Cranberry Juice Blend
Rice Drink (Organic or Vanilla)
Soy Essential
TJ's Rice Drink
TJ's Soymilk
Water (Mint or Lime Flavored)

BEVERAGES cont.

Shelf Bubbly

French Market French Berry
French Market Lemonade
French Market Limeade
Refreshers (Blueberry, Pomegranate, Tangerine)
Sparkling Apple Cider
Sparkling Blueberry Juice
Sparkling Cranberry Juice
Sparkling Pomegranate Juice

CANDIES & COOKIES

100 Cal Graham Chocolate Toucan Cookies
70% Dark Chocolate Bars
72% Dark Chocolate
73% Belgian Dark Chocolate Non-Pareils
Allbutter Shortbread Cookies (Apricot or
Raspberry Filling, Chocolate Filling)
Almond Clusters
Almond Windmill Cookies
Almondina
Altoids (Chewers Gum Peppermint, Chewing
Blueberry Blast Yogurt Candy
Gum Cinnamon, Dark Chocolate Dipped
Peppermint, Peppermint)
Assorted Fruit Jellies
Baklava Ensemble
Belgium Milk Chocolate
Bing Cherries
Biscotti w/ Almonds
Black Licorice Scottie Dogs
Brown Rice Marshmallow Treats
Butter Waffle Cookies
Caramel Bites
Caramel Cashew Cookies
Cats Cookies (ALL)
Cherry Granola Cookies
Chocolate Almond in Coconut
Chocolate Chip Cookies
Chocolate Chip Dunkers
Chocolate Meringues
Chocolate Sticks (Orange, Raspberry)
Chocolate Sunflower Seed
Chocolately Chip Dunkers
Cinnamon Schoolbook Cookies
Crispy Crunchy Chocolate Chip Cookies
Dark Chocolate Almonds
Dark Chocolate Chunk & Almond Cookies
Dark Chocolate Covered Blueberries
Dark Chocolate Covered Caramels
Dark Chocolate Covered Cherries
Dark Chocolate Covered Cranberries
Dark Chocolate Covered Espresso Beans
Dark Chocolate Covered Ginger
Dark Chocolate Covered Raisins
Dark Chocolate Edamame
Dark Chocolate Mint Creams
Dark Chocolate Raisins and Pecans
Dark Chocolate Roasted Pistachio Toffee
English Toffee w/ Milk Chocolate
Espresso Pillows Chocolate Tin
Fat Free Meringues

Five Seed Almond Bars
Ginger Chews
Gluten Free Ginger Snaps
Iced Oatmeal Cookies
Joe Joe's (Dark Chocolate Covered, Chocolate
Sandwich, Chocolate w/ Vanilla Bean Cream,
Vanilla Sandwich Crème)
Lacey's Cookies
Lemon Crisp Cookies
Lumpy Bumpy Bar
Milk Chocolate Chips
Milk Chocolate Raisins
Milk/Dark Chocolate Covered Almonds
Mini Café Twist Cookies
Mini Chocolate Hazelnut Biscotti
Mini Milk Chocolate Peanut Butter Cups
Myntz!
Oatmeal Chocolate Chip
Oatmeal Cranberry Dunkers
Oatmeal Raisin Cookies
Organic Animal Crackers
Organic Fruit Drops
Organic Pops
Peanut Butter Cups
Pecan Cookies
Pecan Pralines
Pinachios
Pounds Plus Chocolate Bars (All)
Quadratini (Chocolate)
Ritter Sport Chocolate Hazelnuts (Dark, Milk)
Semi-Sweet Chocolate Chips
Strawberry Licorice
Sugar Free Chocolate Almonds
Swiss Milk Chocolate
Tablerone
Traditional Licorice
Triple Ginger Snaps
Ultimate Vanilla Wafers
Unsweetened Belgian Baking Chocolate
Very Mini Meringue Cookies
Way More Chocolate Chip Cookies
White Chocolate Chips (seasonal)
Yogurt Raisins

CEREAL

9 Whole Grain Crunch Cereal
Antioxidant Nut & Berry Blend
Banana Nut Clusters
Cranberry Almond Clusters
Frosted Vanilla Shredded Bite Size Wheats
Frosted Maple & Brown Sugar Shredded Bite
Size Wheats
Gluten Free Granola Loaded Fruit & Nut
Golden Roasted Flax Seed (Whole Seed, With
Blueberries)
Granola & the Three Berries
High Fiber Cereal
High Fiber Fruit & Nut Multigrain Cereal
Just the Clusters, Vanilla Almond Granola
Just the Clusters, Ginger Almond & Cashew
Granola

CEREAL cont.

Low Fat Granola with Almonds
 Low Fat Mixed Berry Granola
 Maple Pecan Granola
 Maple Pecan Clusters
 Natural Toasted Oat Bran
 Oat n' Wheat Bran Swirls
 Oatmeal Complete
 Organic Cinnamon Spice Oatmeal
 Organic Golden Flax
 Organic Granny's Smith Apple Granola
 Organic High Fiber O's
 Organic Honey Crunch n' Oats
 Organic Mango Passion Granola
 Organic Morning Lite
 Organic Oats and Flax
 Pecan Praline Granola
 Pomegranate & Blueberry Flakes & Clusters
 Raisin Bran
 Soy & Flax Clusters
 Strawberry Yogurt O's
 Super Nutty Toffee Clusters
 Trek Mix Antioxidant Nut & Berry Blend
 Trek Mix Simply Almonds, Cashews & Cranberries
 Twigs, Flakes & Clusters
 Very Berry Clusters
 Whole Grain Oatmeal (Blueberry, Cranberry)

DAIRY

French Village Nonfat Yogurt
 Greek Style Yogurt (0%, 2%, Plain)
 Sour Cream (ALL)
 TJ's Low Fat Yogurt (Strawberry, Mixed Berry, Lemon)

DRIED FRUITS & NUTS

1/3 Less Salt Dry Roasted & Salted Valencia Almonds
 50% Less Salt Roasted & Salted Cashew Pieces
 50% Less Salt Roasted & Salted Fancy Mixed Nuts
 50% Less Salt Roasted & Salted Mixed Nuts
 50% Less Salt Roasted & Salted Pistachios
 50% Less Salt, Roasted & Salted Whole Cashews
 Antioxidant Nut & Berry Mix
 Apple Rings
 Australian Macadamias
 Banana, Flattened Black Mission Figs
 Calimyrna Figs
 Candied Pecans
 Candied Walnuts
 Cashews & Cranberries Trek Mix
 Cashew Macadamia Delight Cashews Trek Mix
 Cashew Pieces (50% Less Salt Roasted & Salted, Roasted & Unsalted, Roasted & Salted)
 Cinnamon Almonds
 Dragon Fruit
 Dried Apricots
 Dried Baby Sweet Pineapple
 Dried Berry Medley

Dried Bing Cherries
 Dried Blueberries
 Dried Cranberries
 Dried Pitted Tart Montmorency Cherries
 Dried White Peaches
 Dried Wild Blueberries
 Dry Roasted & Unsalted Almonds
 Dry Roasted & Unsalted Pistachio Nutmeats Halves & Pieces
 Fancy Raw Mixed Nuts
 Fancy Roasted & Salted Mixed Nuts
 Freeze Dried Banana
 Freeze Dried Mango
 Golden Berry Blend
 Golden Raisins
 Go Raw Trek Mix
 Honey Roasted Mixed Nuts
 Honey Roasted Peanuts
 Jumbo Raisin Medley
 Just Almond Meal
 Just a Handful of Dry Roasted, Unsalted Almonds
 Just a Handful Go Raw Trek Mix
 Just a Handful of Raw Almonds
 Just a Handful of Simply Almonds
 Just Mango Slices
 Macadamias Mix Gingerly w/ Cranberries & Almonds
 New Zealand Sweet Apple Rings
 Non-Sorbate Pitted Prunes
 Nuts About Raspberries & Chocolate Trek Mix
 Oh My! Omega Trek Mix
 Old Fashioned Blister Peanuts (Salted, Unsalted)
 Omega Trek Mix
 Orange Flavored Cranberries
 Organic Dry Roasted Almonds
 Organic Dried Cranberries
 Organic Pistachios Dry Roasted & salted
 Organic Raw Pecan Pieces
 Organic Thompson Seedless Raisins
 Organic Trek Mix Simply Almond, Cashew & Cranberry
 Organic Trek Mix w/ Chocolate Chips, Almonds & Cranberries
 Peanuts, Berries & Almonds
 Pitted Prunes
 Premium Walnut Halves
 Rainbow's End Trail Mix
 Raw Almonds Sliced
 Raw Brazil Nuts
 Raw Pecan (Halves, Pieces)
 Raw Pepitas
 Raw Pistachio Nutmeats
 Raw Sunflower Seeds
 Raw Valencia Almonds
 Raw Whole Cashews
 Roasted Peanuts (Salted, Unsalted)
 Roasted Plantain Chips
 Roasted & Salted Marcona Almonds
 Roasted & Salted Marcona Almonds w/ Rosemary
 Roasted & Salted Pecan Halves

DRIED FRUITS & NUTS cont.

Roasted Whole Cashews Unsalted
 Roasted and Unsalted Sunflower Seeds
 Salty, Sweet & Nutty Trek Mix
 Sesame Honey Almonds
 Simply the Best Trek Mix
 Simply Almonds, Cashews & Cranberries
 Simply Almond, Pistachio & Tart Cherry Trek Mix
 Slab Apricots
 Slivered Almonds
 Soft & Juicy Mango
 Sweet & Spicy Pecans
 Sweet Savory & Tart Trek Mix
 Tamari Roasted Almonds
 Tempting Trail Mix
 Thompson Seedless Raisins
 Unsalted Dry Roasted Almonds (Slivered, Sliced)
 Unsalted & Dry Roasted Pecan Pieces
 Unsulfured Apricots
 Unsulfured Sweetened & Dried Mango
 Walnut Halves and Pieces
 Walnut Pieces

FRESH JUICE

Green Protein
 Mango & Antioxidants
 Orange Juice (ALL)
 Protein with Pizzazz
 Very Green

FROZEN**Desserts & Fruits**

Apple Strudel
 Blissful Ice Cream Bars
 Berry Medley
 Blackberries
 Blueberries (ALL)
 Chocolate Mousse Collaboration
 Chunk Chocolate Chip Cookie Dough
 Dark Sweet Cherries
 Double Rainbow Sorbet (Chocolate, Lemon, Mango Tangerine)
 Fancy Berry Medley
 Fruit Floes (ALL)
 Gone Bananas
 Lemon Bars
 Mochi (Strawberry, Green Tea, Mango)
 Mini Morning Buns
 Peach & Blueberry Panna Cotta
So Delicious Orange Creamy
So Delicious (Creamy Vanilla, Chocolate Velvet)
 Soy Creamy Mini Chocolate Sandwiches
Soy Dream (Very Cherry Chip, Mango Vanilla)
 Strawberries
 Super Premium Ice Cream (French Vanilla, Mint Chip, Ultra Chocolate)
 Tarte (Raspberry, Wild Blueberry)
Tofutti Cuties
 Very Cherry Blend

Fish

Alaskan Cod Fillets
 Clams, Marinated & Steamed
 Halibut Steaks
 Pacific Red Snapper Fillets
 Swordfish Steaks
 Wild Ahi Tuna
 Wild Alaskan Sockeye Salmon
 Wild Caught Swordfish Steaks
 Wild Salmon

Meat

Australian Lamb Chops
 Frozen Chicken (Boneless, Skinless Breasts, Thigh Meat, Breast Tenderloin)
 Never, Never Angus Beef Burgers

Vegetables & Grains

Artichoke Hearts
 Asparagus Spears
 Broccoli Florets
 Brittany Blend
 Chopped Spinach
 Cut White Corn
Dorot Crushed Garlic
 Fire Roasted Bell Peppers & Onions
 French Green Beans
 Melange a Trois
 Organic Green Beans
 Organic Brown Rice
 Organic Peas
 Organic Super Sweet Corn
 Petite Peas
 Roasted Corn
 Soy Ginger Carrots
 Vegetable Melange

Other

100% Pure Frozen Concentrate Orange Juice Concentrate
 Spanakopita
 Vegetable Birds Nest (not including dipping sauce)

GROCERY**Fruits, Vegetables & Legumes**

Canned Mandarin Oranges
 Dark Morello Cherries
 Extra Large Ripe Pitted Black Olives
 Fire Roasted Yellow & Red Peppers
 Hatch Green Chiles
 Greek Kalamata Olives
 Guindilla Peppers
 Julienne Sliced Sun Dried Tomatoes
 Organic Mixed Fruit Cups
 Organic Tomatoes Diced No Salt Added
 Pear Halves
 Roasted Piquillo Peppers
 Sliced Black Olives
 Sun Dried Roma Tomatoes
 Whole Kernel Corn No Salt Added
 Whole Peeled No Salt Plum Tomatoes w/ Basil

GROCERY cont.

Dressings, Marinades, Sauces & Spreads

Aioli Garlic Mustard Sauce
Apple Cranberry Chutney
Balsamic Vinaigrette
Balsamic Vinegar
Cacciatore Simmer Sauce
California Estate Extra Virgin Olive Oil
Canola Oil
Canola Oil Spray
Chili Pepper Sauce
Crushed Garlic
Dijon Mustard
Extra Virgin Olive Oil
Gold Quality Balsamic Vinegar
Grapeseed Oil
Grated Parmesan & Romano Cheese
Italian Olive Oil Spray
Jalapeño Pepper Hot Sauce
Orange Muscat Champagne Vinegar
Organic Mayonnaise
Organic Olive Oil
Organic Sweet Relish
Organic Tomato Paste
Organic Yellow Mustard
Raspberry Dressing
Real Mayonnaise
Red Wine & Olive Oil Vinaigrette
Red Wine Vinegar
Reduced Fat Mayonnaise
Satay Peanut Sauce
Soy Sauce Reduced Sodium
Sweet Poppyseed Dressing
Tartar Sauce
Toasted Sesame Oil (Cold Pressed)
Unfiltered Apple Cider Vinegar
Wasabi Mayonnaise
White Balsamic Vinegar

Grains

Arborio Rice
Basmati Rice Medley
Black Beluga Lentils
Brow Rice Pasta Penne
Brown Basmati Rice
Brown Jasmine Rice
Brown Rice Fully Cooked
Brown Rice Medley
Brown Rice Pasta Fusilli
Egg Pappardelle Pasta
Garlic Basil Linguine Pasta
Harvest Grains Blend
Israeli Couscous
Italian Pastas (Farfalle, Fusilli, Penne Rigate, Pennette, Spaghetti)
Jasmine Rice
Lasagna Noodles
Lemon Pepper Pappardelle Pasta
Mixed Wild Mushrooms
Organic Basmati Rice
Organic Brown Rice Spaghetti Pasta
Organic Pasta (Fusilli, Penne)

Organic Rice Fully Cooked
Organic Whole Wheat Pasta (Penne, Rotelle)
White Basmati Rice
Whole Wheat Couscous
Whole Wheat Fettuccini
Whole Wheat Spaghetti
Wild Rice Fully Cooked

Baking & Cooking Supplies

100% Desert Mesquite Honey
100% Pure Stevia 1oz
21 Seasoning Salute
Basil
Brownie Truffle Baking Mix
California Garlic Powder
Cinnamon Sticks
Clover Blossom Honey
Cracked Black Pepper
Creamed Honey
Dill
Dundee Orange Marmalade
Gluten Free Brownie Baking Mix
Grade A Maple Syrup (100% Pure, 100% Pure No Drip, Organic)
Grade B Maple Syrup (100% Pure, 100% Pure No Drip, Organic)
Ground Cumin
Instant Pudding (Chocolate, Vanilla)
Lemon Curd
Lemon Pepper with Grinder
Light Coconut Milk
No Pudge Fudge Brownie Mix
Organic Blue Agave Sweetener
Organic Brown Sugar
Organic Evaporated Cane Juice Sugar
Organic Midnight Moo Chocolate Syrup
Organic Milk Sweetened & Condensed (seasonal)
Organic Pumpkin
Pure Bourbon Vanilla Extract
Pure Grade A Clover Honey
Pure Vanilla
Red Chile Pepper
Stevia Extract
Stevia Packets
Turbinado Raw Cane Sugar
Unbleached All-Purpose Flour
Unbleached White Whole Wheat Flour

Fruit Sauces, Preserves & Nut Butters

Almond Butter (ALL)
Better n' Peanut Butter
Big & Chunky Applesauce
Chunky Spice Applesauce
Organic Apple Sauce (regular, w/ Cinnamon, w/ Wild Berries)
Organic Fruit Spread (Blueberry, Strawberry, Superfruit)
Organic Peanut Butter (Creamy, Crunchy)
Organic Preserves Reduced Sugar (Blackberry, Blueberry, Raspberry, Strawberry)

GROCERY cont.

Organic Unsalted Peanut Butter (Creamy, Crunchy)
Preserves (Apricots, Blueberries, Blackberries, Boysenberry, Raspberries)
Salted Peanut Butter (Creamy, Crunchy)
Sunflower Seed Butter
Unsweetened Gravenstein Apple Sauce
Wild Maine Blueberry Fruit Sauce

Soups & Other

Alaskan Pink Salmon Skinless Boneless No Salt
Garden Patch Veggie Soup
Lightly Smoked Sardines
Low Sodium Chicken Pasta Soup
Organic Butternut Squash Soup
Organic Creamy Tomato Soup Low Sodium
Organic Low Sodium Chicken Broth
Organic Low Sodium Minestrone
Organic Low Sodium Tomato & Roasted Red Pepper Soup
Organic Low Sodium Vegetable Broth
Solid White Albacore Tuna No Salt
Tongol Chunk Light in Water (No Salt Added, Salt Added)

REFRIGERATED

Angus Beef Boneless NY Strip Steak
Butcher Shop Boneless Pork Loin Chops
Center Cut Pork Loin Cutlets
Cranberry Apple Stuffed Chicken
Ground Chicken
Ground Turkey
Guacamole with Spicy Pico de Gallo
High Protein Organic Tofu
Organic Ground Beef (85/15)
Mediterranean Hummus
Spinach and Sour Cream Dip
Turkey Breast Tenders
Tzatziki

CHEESE

Cream Cheese (ALL)
Crumbled Goat Cheese
Jarlsberg Lite Cheese
Lite Mild Cheddar Cheese Snack Sticks
Lite Shredded 3 Cheese Blend
Marinated Mozzarella in Extra Virgin
Shaved Parmigiano Reggiano
Sliced Yogurt Cheese
Sliced Lite Muenster Cheese
Sliced Provolone Cheese
Sliced Swiss Cheese
Traditional Fresh Ricotta

SNACKS

Chips, Crackers, Pretzels & Popcorn

94% Fat Free Microwave Popcorn
Blue Corn Tortilla Chips
Calbea Snapea Crisps
Classic Original Water Crackers
Fat Free Caramel Popcorn

Gourmet White Popcorn
Hawaiian Style Salted Potato Chips
Hemp Tortilla Chips w/ Black Sesame
Honey Plantain Strips
Multigrain & Flaxseed Water Crackers
Kettle Corn Lite
Lite Popcorn
Lundberg Organic Brown Rice Cakes
Organic White Corn Tortilla Chips (salted, unsalted)
Organic Blue Corn Tortilla Chips
Organic Cracker Assortment
Pita Chips with Cinnamon & Sugar
Reduced Guilt Tortilla Strips
Restaurant Style White Corn Tortilla Chips
Rice Cakes Light Salt
Ridge Cut Potato Chips (Lightly Salted, Red Bliss, Sweet Potato)
Roasted Plantain Chips
Roasted Seaweed Snack
Salted Tortilla Chips (Yellow, White)
Savory Thin Mini Crackers
Seriously Seedy & Nutty Wafers
Soy & Flaxseed Tortilla Chips
Spicy Soy & Flaxseed Tortilla Chips
Tortilla Chips with Identity Crisis
Tortilla Longboard Chips
Vegetable Root Chips
Veggie Flaxseed Tortilla Chips

Dips & Salsas

3 Pepper Salsa
Chipotle Salsa
Corn & Chile Tomato-less Salsa
Fire Roasted Tomato Salsa
Pineapple Salsa
Roasted Garlic Salsa
Spicy Smoked Peach Salsa

Granola & Cereal Bars

Chocolate Chip Chewy Coated Granola Bar
Crunchy Peanut Butter Cereal Bar
Nutty Chocolate Granola Bars
Oats & Honey Cereal Bar
This Apple Walks Into A Bar...
This Blueberry Walks Into A Bar...
This Fig Walks Into A Bar...
This Strawberry Walks Into A Bar...
Vanilla Almond Crunch Chewy Granola Bars

BARS & SUPPLEMENT POWDERS

Aria Women's Protein
Chocolate Flavored Whey Protein Powder
Clif Bar (Black Cherry Almond, Almond Fudge, Chocolate Chip, Oatmeal Raisin Walnut)
Clif Kid Z Bar (Chocolate Brownie, Chocolate Chip)
Flavor & Fiber (Chocolate Brownie Bar, Orange Cranberry)
Greens + Chocolate Energy Bar
Larabar (Apple Pie, Cashew Cookie, Cherry Pie, Peanut Butter Cookie)

BARS & SUPPLEMENT POWDERS cont.

Luna Bar (Blueberry Yogurt, Caramel Nut
Brownie, Chocolate Peppermint Stick, Lemon
Zest, Smores)

Met Rx Protein Plus

Tiger's Milk (Peanut Butter, Protein Rich)

Vanilla Flavored Whey Protein Powder