

TRADER JOE'S®
Low Sodium List



Finding tasty low sodium foods doesn't have to be a daunting task.
The products contained in this list contain 140 mg or less per the label serving size.
This is only a mere sampling of the low sodium products available at your local Trader Joe's.

Entertaining Choices

Brownie Bites
Classic Cracker Assortment
Fancy Mixed Nuts (no salt added)
Maryland Style Crab Cakes (frozen)
Mini Toasts
Pineapple Salsa
Seafood Cocktail Sauce

Healthy Choices

Albacore Solid White Tuna in Water (no salt added)
Almonds (no salt added)
Cranberry Trail Mix
Extra Fine French Green Beans (frozen)
Fat Free Caramel Popcorn
Raisin Bran
Sitr Fry Vegetables (frozen)
Whole Wheat Couscous

Organics

Organic Cranberry Apple Juice
Organic Granny's Apple Granola
Organic Mango Passion Granola
Organic Marinara Sauce (no salt added)
Organic Midnight Moo Chocolate Syrup
Organic Supersweet Corn
Organic Unsweetened Applesauce
Organic Whole Wheat Pasta

Snacks & Sweets

All Butter Shortbread Cookies
Chocolate Chip Dunkers Cookies
Fruit Floes (frozen)
Gourmet White Popcorn
Peanut Butter Cups
Pound Plus Chocolate Bars
Salted Tortilla Chips