

"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
Beet & Purple Carrot Juice
Berry Bonanza
Black Raspberry Juice
Blackberry Crush
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 Low Sodium Tomato Juice
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
Sparkling Apple Cider
Sparkling Blueberry Juice
Sparkling Cranberry Juice
Sparkling Pomegranate Juice

CANDIES & 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
Blueberry Blast Yogurt Candy
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)
Charmingly Chewy Chocolate Chip Cookies
Cherry Granola Cookies
Chocolate Chip Cookies
Chocolate Chip Dunkers
Chocolate Meringues
Chocolate Sunflower Seed
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 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
Gummy Bears
Highbrow Chocolate Chip Cookies
Honey Graham Crackers
Joe Joe's (Dark Chocolate Covered, Chocolate

Sandwich, Chocolate w/ Vanilla Bean Cream, Vanilla Sandwich Crème)
Lacey's Cookies
Lemon Crisp Cookies
Marvelous Malted Milk Ball Cookies
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
Peanut Butter Goodies Cookies
Pecan Cookies
Pecan Pralines
Petite Cocoa Batons
Pounds Plus Chocolate Bars (All)
Quadratini (Chocolate)
Ritter Sport Chocolate Hazelnuts (Dark, Milk)
Salt Water Taffy
Semi-Sweet Chocolate Chips
S'mashing S'mores
Snaquarium of Maritime Morsels
Soft-baked Snickerdoodles
Strawberry Licorice
Sugar Free Chocolate Almonds
Swiss Milk Chocolate
Tablerone
Traditional Licorice
Triple Ginger Snaps
Ultimate Vanilla Wafers
Unsweetened Belgian Baking Chocolate
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 Flakes
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
Low Fat Granola with Almonds

CEREAL cont.

Low Fat Mixed Berry Granola
Maple Pecan Clusters Granola
Multigrain O's Cereal
Natural Toasted Oat Bran
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)
Lassi (Alfonso Mango, Plain)
Non-dairy Coffee Creamers (Original, Hazelnut, Vanilla)
Organic Yogurt Parfait (Chocolate, Mango)
Sour Cream (ALL)
TJ's Low Fat Yogurt (Strawberry, Mixed Berry, Lemon)

DRIED FRUITS & NUTS

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
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
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
Happy Trekking 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
Lime And Chile Mixed Nuts
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
Peanut Butter Cups Trax Mix
Peanuts, Berries & Almonds
Pitted Prunes
Premium Walnut Halves
Pomegranate Seeds
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

DRIED FRUITS & NUTS Cont.

Roasted & Salted Marcona Almonds w/
Rosemary
Roasted & Salted Pecan Halves
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
Unsulphured Apricots
Unsulphured Sweetened & Dried Mango
Walnut Halves and Pieces
Walnut Pieces
Wasabi Wow Trek Mix

FRESH JUICE

Green Protein
Mango & Antioxidants
Orange Juice (ALL)
Organic Açai 120
Pineapple Juice
Protein with Pizzazz
Very Green

FROZEN

Desserts & Fruits

12 Fudge Filled Chocolate Chip Cookies
Apple Strudel
Berry Medley
Blueberries (ALL)
Chunk Chocolate Chip Cookie Dough
Dark Sweet Cherries
Fancy Berry Medley
Fruit Floes (ALL)
Gone Bananas
Lemon Bars
Mini Hold the Cone! Ice Cream Cones
(Chocolate, Vanilla)
Mini Morning Buns
Mochi (Strawberry, Green Tea, Mango)
Peach Pops
Pomegranate Blueberry Sherbet
Sorbet (Chocolate, Lemon)
Soy Dream Very Cherry Chip
Strawberries
Super Premium Ice Cream (French Vanilla, Mint
Chip, Joe Joe's 'n Cream, Ultra Chocolate)
Tarte (Pear, 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)

Vegetables & Grains

Artichoke Hearts
Asparagus Spears
Broccoli Florets
Chopped Spinach
Cut White Corn
Dorot Crushed Garlic
Fire Roasted Bell Peppers & Onions
French Green Beans
Garlic Potatoes with Parmesan Sauce
Melange a Trois
Organic Green Beans
Organic Brown Rice
Organic Peas
Organic Super Sweet Corn
Petite Peas
Roasted Corn
Vegetable Melange

Other

100% Pure Frozen Concentrate Orange Juice
Concentrate
Cha Siu Bao (Chinese Style Pork Buns)
Spanakopita
Vegetable Birds Nest (not including dipping
sauce)

GROCERY

Fruits, Vegetables & Legumes

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

GROCERY cont.

Dressings, Marinades, Sauces & Spreads

Aioli Garlic Mustard Sauce
Balsamic Vinaigrette
Balsamic Vinegar
California Estate Extra Virgin Olive Oil
Canola Oil
Canola Oil Spray
Chili Pepper Sauce
Crushed Garlic
Deli Style Spicy Brown Mustard
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
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
Brown 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
Organic Basmati Rice
Organic Brown Rice Spaghetti Pasta
Organic Pasta (Fusilli, Penne)
Organic Rice Fully Cooked
Organic Whole Wheat Pasta (Penne, Rotelle)
Three Grains Blend Risotto Style Rice

White Basmati Rice
Whole Wheat Couscous
Whole Wheat Fettuccini
Whole Wheat Spaghetti

Baking & Cooking Supplies

100% Desert Mesquite Honey
100% Pure Stevia 1oz
21 Seasoning Salute
Basil
Brownie Truffle Baking Mix
California Garlic Powder
Chocolate Frosting Mix
Cinnamon Sticks
Clover Blossom Honey
Cracked Black Pepper
Creamed Honey
Dill
Dundee Orange Marmalade
Fleur de Sel Caramel Sauce
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
Lemon Curd
Lemon Pepper with Grinder
Light Coconut Milk
Organic Blue Agave Sweetener
Organic Brown Sugar
Organic Evaporated Cane Juice Sugar
Organic Midnight Moo Chocolate Syrup
Organic Milk Sweetened & Condensed (seasonal)
Organic Pumpkin Puree (Seasonal)
Organic Raw Blue Agave Sweetener
Pure Bourbon Vanilla Extract
Pure Grade A Clover Honey
Pure Vanilla
Red Chile Pepper
Reduced Guilt Brownies
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
Honey Apple Butter
Mango Butter
Organic Apple Sauce (regular, w/ Cinnamon, w/ Wild Berries)
Organic Fruit Spread (Blueberry, Strawberry, Superfruit)
Organic Mixed Fruit Cups
Organic Peanut Butter (Creamy, Crunchy)
Organic Preserves Reduced Sugar (Blackberry,

GROCERY cont.

Blueberry, Raspberry, Strawberry)
Organic Unsalted Peanut Butter (Creamy, Crunchy)
Pear Sauce 4-Packs
Preserves (Apricots, Blueberries, Blackberries, Boysenberry, Raspberries)
Salted Peanut Butter (Creamy, Crunchy)
Sunflower Seed Butter
Unsweetened Gravenstein Apple Sauce

Soups & Other

Alaskan Pink Salmon Skinless Boneless No Salt
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

REFRIGERATED

Angus Beef Boneless NY Strip Steak
Butcher Shop Boneless Pork Loin Chops
Center Cut Pork Loin Cutlets
Cranberry Apple Stuffed Chicken
Garlic & Herb Butter
Ground Chicken
Ground Turkey
Guacamole Hummus
Guacamole with Spicy Pico de Gallo
High Protein Organic Tofu
Hollandaise Sauce
Masala Lentil Dip
Mediterranean Hummus
Organic Ground Beef (85/15)
Organic Sprouted Tofu
Prepared Horseradish
Spinach and Sour Cream Dip
Tahini Sauce
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
Multigrain & Flaxseed Water Crackers
Kettle Cooked Olive Oil Potato Chips
Kettle Corn Lite
Lite Popcorn
Lundberg Organic Brown Rice Cakes
Organic Popping Corn
Organic White Corn Tortilla Chips (salted, unsalted)
Organic Blue Corn Tortilla Chips
Organic Cracker Assortment
Pita Chips with Cinnamon & Sugar
Potato Trio
Reduced Guilt Multigrain Pita Chips
Reduced Guilt Popcorn
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
Soy & Flaxseed Tortilla Chips
Spicy Soy & Flaxseed Tortilla Chips
Tortilla Longboard Chips
Vegetable Root Chips
Veggie Flaxseed Tortilla Chips

Dips & Salsas

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

Granola & Cereal Bars

Crunchy Peanut Butter Cereal Bar
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...

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)
Greens + Chocolate Energy Bar
Larabar (Apple Pie, Cashew Cookie, Cherry Pie, Peanut Butter Cookie)

BARS & SUPPLEMENT POWDERS CONT.

Luna Bar (Caramel Nut Brownie, Chocolate
Peppermint Stick, Lemon Zest, S'mores)

Met Rx Protein Plus

Tiger's Milk (Peanut Butter, Protein Rich)

Vanilla Flavored Whey Protein Powder