



CLUB Fx[®] GUIDE TO Lower Sodium Shopping

Our bodies naturally need some sodium to keep our muscles and nervous system healthy, however the average person consumes more than 3,400 mg of sodium each day— most of it coming from processed foods.

If you're watching your sodium intake, you know that food labels can be confusing. This guide offers a list of lower sodium Club Fx[®]-approved products available at your local Heinen's. Remember, Heinen's Wellness Consultants are also available to assist you in reading labels and finding products to meet your health goals.

Understanding Sodium Claims

Low Sodium	Very Low Sodium	Sodium Free	Reduced Sodium	Light in Sodium	No Salt Added/Unsalted
<p>≤ 140 mg OF SODIUM PER SERVING</p>	<p>≤ 35 mg OF SODIUM PER SERVING</p>	<p>< 5 mg OF SODIUM PER SERVING</p>	<p>AT LEAST 25% LESS SODIUM THAN ORIGINAL</p>	<p>AT LEAST 50% LESS SODIUM THAN ORIGINAL</p>	<p>No salt was added during processing, however the food may still contain a significant amount of sodium</p>

Daily Sodium Recommendations*

Upper Limit

< **2,300 mg**
PER DAY

Ideal Limit

≤ **1,500 mg**
PER DAY

* Individual needs vary based on activity level (losing large amounts of sweat) and the presence of certain medical conditions. Check with your health care provider.

PRODUCE DEPARTMENT

- All vegetables, fruits, greens, herbs and spices
- Heinen's Unsalted Nuts and Seeds: Sunflower, Almonds, Cashews, Pine Nuts, Pumpkin Seeds, Walnuts, Pecans
- Heinen's Fresh Ground Peanut, Almond, or Walnut Butter

DAIRY DEPARTMENT

- Cow Milk: Organic Valley DHA Omega 3 Milk or Grassmilk
- Origin A2 Cream
- Plant-Based Milk: Malk Unsweetened Cashew or Almond Milk
- Malk Almond Milk Creamer

- Yogurt: Bellweather Farms Sheep Milk Yogurt; Stonyfield Organic Plain Yogurt; Painterland Sisters Yogurt
- Plant-Based Yogurt: Cocojune Cultured Coconut Yogurt; Sigg's Plant-Based Coconut Blend Yogurt
- Organic Valley Sour Cream
- Organic Valley Cream Cheese
- Kerrygold Unsalted Grass-fed Butter

GROCERY DEPARTMENT

Seasonings and Condiments

- Muso Yuzo Furikake or Muso Seaweed Furikake
- Bragg Sprinkle 24 Herbs & Spices

- Heinen's Unsalted Spices (basil, turmeric, oregano, cinnamon, etc.)
- Primal Kitchen Avocado Oil Mayo
- Salad Dressing: Bragg Salad Dressings; Biora Kombucha Salad Dressings
- Ketchup: Heinz No Salt Added Ketchup; Primal Kitchen Ketchup; Annie's Organic Ketchup
- Primal Kitchen Mustard
- Tia Lupita Hot Sauce
- Heinen's Organic Salsa
- Primal Kitchen Classic Unsweetened Barbecue Sauce
- Siete Botana Sauces

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GROCERY DEPARTMENT *continued*

- Heinen's Organic Sesame Tahini
- Heinen's Raw Apple Cider Vinegar
- Bragg Coconut Liquid Aminos
- Randy's Artisanal Bread N' Butter Pickle Chips
- Heinen's Creamy Natural Almond Butter or Peanut Butter

Snacks

- Crackers: Top Seedz; Wasa Crispbread; Lundberg Family Farms Red Rice & Quinoa Brown Rice Cakes; Edward & Sons Organic Unsalted Brown Rice Snaps
- Chips: Xochitl Tortilla Chips; Food Should Taste Good Chips
- Hu Dark Chocolate Bars

Cereal

- Heinen's Organic Multigrain Flakes or Rice Crispies
- Granola: Grandy Organics Granola; Bob's Red Mill Maple Sea Salt or Peanut Butter Granola
- Kashi Organic Autumn Wheat Cereal
- Food for Life Ezekiel 4:9 Cereal
- Love Bird Cereals
- One Degree Organic Sprouted Oats
- Nature's Path Qi'a Superfood Oatmeal

Soups

- Amy's Light in Sodium Soups
- McDougall's Split Pea Cup or Lower Sodium Ready to Serve Soups
- 18 Chestnuts
- Karine & Jeff
- Bonafide Provisions No Salt Added Organic Chicken Broth or No Salt Added Organic Vegetable Broth
- Heinen's Low Sodium Chicken Culinary Stock
- Kitchen Basics Unsalted Vegetable Stock

Beans, Vegetables & Sauces

- Heinen's Dry Beans and Peas
- Lentiful Low Sodium Vegetable Harvest Instant Lentils Cup
- Heinen's Organic Canned Beans: Cannellini, Garbanzo, Black, Lentils
- Inspired Organic Low-Sodium Beans
- Amy's Light in Sodium Organic Vegetarian Refried Beans
- Heinen's No Salt Added Beets
- Heinen's No Salt Added Cut Green Beans
- Farmer's Market Organic Sweet Potato Puree
- Heinen's Organic Crushed Tomatoes
- Heinen's Organic No Salt Added Diced Tomatoes
- Heinen's Organic No Salt Added Tomato Sauce
- Pomi Passata Tomato Puree
- The Silver Palate Low Sodium Marinara Sauce
- The Silver Palate Low Sodium Pizza Sauce
- Wild Planet No Salt Added: Skipjack Wild Tuna; Wild Albacore Tuna; Wild Pink Salmon

FROZEN DEPARTMENT

- Heinen's Frozen Fruit
- Heinen's Plain Frozen Vegetables
- Grain Trust Organic Steamed Brown Rice
- Stahlbush Island Farms Colorful Sweet Potatoes or Tri-Colored Sliced Carrots
- Pictsweet Farms Chopped Collard Greens
- Seapoint Farms Organic Edamame
- Pictsweet Farms Blackeye Peas
- Food for Life Loaf Breads and English Muffins
- Blue Zones Kitchen Heirloom Rice Bowl or Burrito Bowl
- Mount Granita Italian Ice

MEAT & SEAFOOD DEPARTMENTS

- Force of Nature Grass-Fed: Filets; Steaks; Ground Bison; Ground Beef Ancestral Blend; Ground Elk; Ground Venison; Bison and Beef Burger Patties
- Pasturebird Fresh Chicken
- Fresh Fish: Verlasso Salmon; Wild Cod; Wild Halibut; Wild Tuna
- Meat Alternatives: Lightlife Tempeh; Nasoya Organic Super Firm Tofu

DELI DEPARTMENT

- Two Brothers No Salt Added Turkey Breast
- Pickles: Heinen's Bread & Butter Pickle Chips or Bubbies Bread & Butter Pickle Chips
- Heinen's Pineapple & Mango Salsa
- Hummus: Esti Organic Original Recipe or Lemon Hummus; Hummus Goodness

SPECIALTY CHEESE DEPARTMENT

- Buf Free Range Grass-fed Mozzarella Cheese
- Maplebrook Farm Burrata Cheese
- Montchevre Organic Plain Goat Cheese
- Heinen's Hand-Selected Fresh Goat Cheese
- Plant-Based Cheese: Treeline Vegan Goat Cheese; Dare Cheese

WELLNESS DEPARTMENT

- Nutrition Bars: That's it Fruit Bars; Tosi Crunchy Bars; Over Easy Bars; Wise Bars; Larabars; Balanced Tiger Bars
- Clusterbucks Granola Clusters
- Navitas Organic Power Snacks
- Protein Powder: Truveni Organic Whey Protein Powder; Ancient Nutrition Plant Protein+ Powder