

DOROTHY LANE MARKET®

Reduced and Low-Sodium Product Guide

DELI	SODIUM	SERVING SIZE
DLM All-Natural Turkey Breast	270mg	2 oz
Boar's Head Deluxe Top Round Beef	80mg	2 oz
Boar's Head Lacey Swiss Cheese	35mg	1 oz
GROCERY – SNACKS	SODIUM	SERVING SIZE
Jump's Unsalted Peanuts	0mg	
Planters Unsalted Dry Roasted Peanuts	0mg	
Blue Diamond Oven Roasted Almonds	0mg	
Mike-sells No Salt Added Potato Chips	10mg	1 oz
Garden of Eatin' No Salt Added Blue Tortilla Chips	10mg	1 oz
Snyder's Unsalted Mini Pretzels	75mg	20 pretzels
Nabisco Hint of Salt Wheat Thins	65mg	16 crackers
Ritz Hint of Salt Crackers	35mg	5 crackers
ShaSha Co. Ginger Snaps	70mg	15 cookies
ShaSha Co. Lemon Snaps	45mg	15 cookies
Lundberg Salt Free Brown Rice Cakes	0mg	
Texas Joe's Original Salsa	10mg	2 Tbsp
Rothschild Ginger Peach Salsa	45mg	2 Tbsp
Rothschild Mango Salsa	15mg	2 Tbsp
Desert Pepper Tomato Chipotle Corn Salsa	85mg	2 Tbsp
Desert Pepper Peach Mango Salsa	25mg	2 Tbsp
Frontera Guacamole Mix	35mg	1 Tbsp
GROCERY – CONDIMENTS	SODIUM	SERVING SIZE
DLM Champagne Mustard	0mg	
Cherchie's Cranberry Mustard	0mg	
East Shore Mustard	0mg	
Honeycup Mustard	5mg	1 tsp
Hunt's No Salt Added Ketchup	0mg	
DLM Thai Rub	0mg	
Tabasco Sauce	35mg	1 tsp
GROCERY – CANNED GOODS	SODIUM	SERVING SIZE
DLM San Marzano Tomatoes	20mg	1/2 cup
Eden Organic Beans	10-40mg	1/2 cup
Hunt's No Salt Added Tomato Sauce	20mg	1/4 cup
Muir Glen No Salt Added Diced Tomatoes	15mg	1/2 cup
Bella Terra Italian Whole Peeled Tomatoes	35mg	1/2 cup

Pomi Chopped or Strained Tomatoes	10mg	1/2 cup
Vizzino Tomato Sauce	0mg	
More Than Gourmet Vegetable Stock	75mg	1 cup
Kitchen Basics Unsalted Beef Stock	180mg	1 cup
Mamma Disalvo's Italian and Marinara Sauces	130mg	1/2 cup

GROCERY – MISCELLANEOUS	SODIUM	SERVING SIZE
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Williams Original Chili Seasoning	0mg	
Manny's Soft Taco Size Corn Tortillas	0mg	
Garden of Eatin' Taco Shells	5mg	2 shells

GROCERY – SALAD DRESSINGS AND MARINADES	SODIUM	SERVING SIZE
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Wild Thymes Tuscan Tomato Basil Dressing	19mg	2 Tbsp
Wild Thymes Mediterranean Balsamic Dressing	32mg	2 Tbsp
Wild Thymes Parmesan Walnut Caesar Dressing	66mg	2 Tbsp
Annie's Natural Lite Raspberry Vinaigrette	60mg	2 Tbsp
Annie's Natural Balsamic Vinaigrette	75mg	2 Tbsp
Ted's Greek Dressing	55mg	2 Tbsp
Andy's Mediterranean Salad Dressing	0mg	
Andy's Mediterranean Marinade	0mg	
Earth & Vine Mango Tequila Jalapeño Sauce	0mg	
Earth & Vine Key Lime Kiwi Tangerine Sauce	0mg	

GROCERY – CEREAL	SODIUM	SERVING SIZE
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Mother's Rolled Oats	0mg	
Post Original Shredded Wheat	0mg	
Barbara's Bakery Shredded Wheat	0mg	
Kashi Cinnamon Harvest	0mg	
Kashi Island Vanilla	0mg	
Kashi Autumn Wheat	0mg	
Bear Naked Granolas	0-25mg	1/4 cup
Back to Nature Granolas	0-40mg	1/2 cup
Erin Baker's Granolas	0-90mg	1/2 cup
Healthy Valley Golden Flax Cereal	65mg	1 cup
Healthy Valley Chewy Granola Bars	15mg	1 bar

GROCERY – NUT BUTTERS	SODIUM	SERVING SIZE
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Arrowhead Mills Peanut Butter	0mg	
Arrowhead Mills Cashew Butter	0mg	
Woodstock Farms Almond Butter	0mg	
Once Again Almond Butter	0mg	
Cream-Nut Peanut Butter	35mg	2 Tbsp
DLM Organic Creamy Peanut Butter	55mg	2 Tbsp

MEAT	SODIUM	SERVING SIZE
Bowman & Landes Chicken Broth	65mg	1 cup
Bowman & Landes Turkey Broth	130mg	1 cup
Nantucket Off-Shore Rubs	0mg	
HEALTHY LIVING	SODIUM	SERVING SIZE
Garden of Life Bars	25-60mg	1 bar
Lärabar Bars	0mg	
Prana Bars	30-35mg	1 bar
Kind Nut Bars	15-40mg	1 bar
ProBar Superfood Slam	30mg	1 bar
ProBar Koka Moka	30mg	1 bar
ProBar Whole Berry Blast	50mg	1 bar
Jennies Macaroons	20mg	1 cookie
DAIRY	SODIUM	SERVING SIZE
Amish Country Low Sodium Cheddar	80mg	1 oz
La Fronteriza Corn Tortillas	5mg	2 tortillas
FROZEN	SODIUM	SERVING SIZE
Ezekiel 4:9 Low Sodium Sprouted Grain Bread	0mg	
Most frozen vegetables without sauces are sodium free		