

Healthy Heart Market



The Leading Source for Low and No Sodium Foods with 500+ choices!

Order with us today at:
www.HealthyHeartMarket.com



Questions? Phone: 612-263-2170

Healthy Heart Market

Many people have been told by their doctor to eat low sodium for high blood pressure, heart disease, and many other health reasons.

Sounds simple enough; however, it is hard to adhere to a salt restricted diet when you can't find the food!

Sure, you may find a few sparse products at your local super market, but the really low in sodium food is not readily available when you are on a strict diet.

That's where we come in! We offer more than 500 food choices that have no, very little, or low sodium.

We have the largest low and no sodium food collection in one location that you will find!

Follow Us on Social Media!

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About Us

Founded in 1998, Healthy Heart Market began as an online store and still is today. We are a family owned and operated business and take great pride in providing excellent service. Our product selection has been carefully selected to bring you the really hard to find no and low sodium foods. If you have product ideas let us know and we just may be able to help.

Although this catalog informs you of our product line and allows you to send, fax or phone in your order, the best option for ordering is on our website. Ordering online offers you up to date visibility to Sale Prices, New Items and Coupon Code specials!

Our office and warehouse is located in Onamia, MN. If you live local, you may pick up your order to save on shipping costs.

Driving Directions: About an hour north of the Twin Cities on US Hwy 169, about 2 miles from the town of Onamia, MN. Our warehouse is located to the left when US Hwy 169 turns from 4 lanes to 2 lanes.

How to Contact Healthy Heart Market:

Website and Online Store:
www.HealthyHeartMarket.com

Call: 612-263-2170

Mail: 38217 US HWY 169, Onamia, MN 56359

Email: Service@HealthyHeartMarket.com

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Baking & Staples



Product Name	Product Size	Sodium per Serving	Price	Item Number
Baking Powder, Featherweight Sodium Free	8oz	0mg	\$10.99	02233
Ener-G Improved Baking Powder, Sodium Free	7.05oz	0mg	\$11.49	80425x
Ener-G Improved Baking Soda Substitute	5.3oz	0mg	\$12.59	80410
Sugar Free Whipped Topping Mix	6oz	5mg	\$8.59	48021
Best Yet Quick Oats Whole Grain Cereal	18oz	0mg	\$9.99	40887
Sturdiwheat Low Sodium Pancake Mix	32oz	135mg	\$7.89	01363



Product Name	Product Size	Sodium per Serving	Price	Item Number
Sweet'N Low Pancake Mix	8oz	20mg	\$5.19	00100
Sweet'N Low Chocolate Snack Cake Mix	8oz	30mg	\$5.19	00200
Sweet'N Low Yellow Snack Cake Mix	8oz	90mg	\$5.19	00801
Sweet'N Low Chocolate Frosting Mix	5.25oz	50mg	\$5.19	07000
Sweet'N Low White Snack Cake Mix	8oz	30mg	\$5.19	00300
Sweet'N Low Gingerbread Snack Cake Mix	8oz	30mg	\$5.19	00900
Sweet'N Low Banana Snack Cake Mix	8oz	30mg	\$5.19	00500
Sweet'N Low White Frosting Mix	5.25oz	50mg	\$5.19	07000
Bernard Chocolate Chip Cookie Mix	16oz	30mg	\$10.99	54004
Bernard Biscuit Mix	16oz	65mg	\$8.65	40025
Bernard Cornbread and Muffin Mix	16oz	50mg	\$10.99	40063
Bernard Butterscotch Brownie Mix	16oz	15mg	\$10.99	39003
Bernard Chocolate Brownie Mix	16oz	15mg	\$10.99	39033
Bernard Oatmeal Cookie Mix	16oz	10mg	\$10.99	53920

Baking & Staples



Product Name	Product Size	Sodium per Serving	Price	Item Number
McCormick Cracker Meal Seafood Fry Mix No Sodium	10oz	0mg	\$5.09	16113
Progresso Panko Crispy Bread Crumbs Plain	8oz	35mg	\$3.99	40675
Panko Japanese Style Bread Crumbs	8oz	35mg	\$3.79	05004
Kikkoman Gluten Free Panko Style Coating	8oz	15mg	\$6.99	05035
Louisiana Fish Fry Coating Mix	10oz	5mg	\$3.99	x0029
Bob's Red Mill 7 Grain Hot Cereal	25oz	0mg	\$5.79	00107
Bob's Red Mill 10 Grain Hot Cereal	25oz	5mg	\$5.79	00110
Bob's Red Mill Rolled Oats-Old Fashioned	16oz	0mg	\$6.19	00952
Bob's Red Mill Vegi Soup Mix	28oz	30mg	\$8.19	x0250
Bob's Red Mill 13 Bean Soup Mix	29oz	15 mg	\$8.99	x0251
Pam Butter Flavored Non Stick Cooking Spray	5oz	0mg	\$8.49	03316

Beans



Product	Product Size	Sodium per Serving	Price	Item Number
Eden Organic Great Northern Beans	15oz	45mg	\$4.49	00087
Eden Organic Pinto Beans	15oz	15mg	\$4.49	00250
Eden Organic Garbanzo Beans	15oz	30mg	\$4.49	00251
Eden Organic Black Beans	15oz	15mg	\$4.49	00253
Eden Organic Kidney Beans	15oz	15mg	\$4.49	00254
Eden Organic Navy Beans	15oz	15mg	\$4.49	00255
Eden Organic Black Eyed Peas	15oz	25mg	\$4.49	00258
Eden Organic Butter Beans	15oz	25mg	\$4.49	00259

Beans



Product	Product Size	Sodium per Serving	Price	Item Number
Kuner's Dark Red Kidney Beans	15oz	10mg	\$3.19	13510
Kuner's Pinto Beans	15oz	10mg	\$3.19	13710
Kuner's Chili Beans in Chili Sauce	15oz	15mg	\$3.19	13310
Kuner's Black Beans	15oz	10mg	\$3.19	13613
Kuner's Garbanzo Beans	15oz	10mg	\$3.19	13818
Butter Kernel Green Beans	14.5oz	10mg	\$2.69	49278
Amy's Organic Traditional Refried Beans	15.4oz	190mg	\$6.29	00589
Amy's Organic Black Refried Beans	15.4oz	220mg	\$6.29	05581
Westbrae Organic No Salt Added Great Northern Beans	15oz	5mg	\$4.99	16322
Westbrae Organic No Salt Added Chili Beans	15oz	5mg	\$4.99	16327
Westbrae Organic No Salt Added Red Beans	15oz	5mg	\$4.99	16325
Westbrae Organic No Salt Added Lentil Beans	15oz	0mg	\$4.99	16330

Gift Certificates



Product	Price	Item Number
Healthy Heart Market \$25 Gift Certificate	\$25.00	gift25
Healthy Heart Market \$50 Gift Certificate	\$50.00	gift50

Bread & Tortillas



Product	Product Size	Sodium per Serving	Price	Item Number
Food For Life Bread	24oz	0mg	\$11.49	00153
Sonoma Yellow Corn Organic Tortillas (10ct)	12oz.	0mg	\$5.99	x1000
Golden Home Ultra Thin Crust 12 in Pizza (3 ct)	14.25oz	270mg (per crust)	\$7.99	08710
Golden Home Ultra Thin Crust 7 in Pizza (5 ct)	8.75oz	110mg (per crust)	\$7.99	08715
Golden Home Whole Grain Ultra Thin Crust 12 in pizza (3ct)	14.25oz	225mg (per crust)	\$7.99	08720
Golden Home Whole Grain Ultra Thin Crust 7 in Pizza (5ct)	8.75oz	100mg (per crust)	\$7.99	08725
Chi-Chi's White Corn Taco Style Tortillas	16oz	15mg	\$4.19	08595

candy



Product	Product Size	Sodium Per Serving	Price	Item Number
Walden Farms Chocolate Syrup	12oz	35mg	\$6.59	88055
Jennies Organic Macaroons Chocolate Drizzle	5.25oz	5mg	\$6.29	71002
Lundberg Organic Thin Stackers Dark Chocolate	3.3oz	15mg	\$7.99	56300
Lundberg White Chocolate Lemon Thin Stackers	3.3oz	15mg	\$7.99	62806
Mrs Taste Zero Sodium Chocolate Syrup	11oz	0mg	\$7.99	88865
Mrs Taste Zero Sodium Caramel Syrup	11oz	0mg	\$7.99	88864
Mrs Taste Zero Sodium Blueberry Syrup	11oz	0mg	\$7.99	88278
Mrs Taste Zero Sodium Strawberry Syrup	11oz	0mg	\$7.99	88322

Cereal



Product	Product Size	Sodium per Serving	Price	Item Number
Alpen No Sugar Added Cereal	14oz	15mg	\$7.39	02572
Alpen Original Cereal	14oz	30mg	\$7.49	02571
Arrowhead Mills Puffed Rice Cereal	6oz	0mg	\$4.29	47429
Arrowhead Mills Puffed Corn Cereal	6oz	5mg	\$4.29	47430
Arrowhead Mills Puffed Wheat Cereal	6oz	0mg	\$4.59	74289
Barbara's Shredded Wheat Big Biscuit Cereal	15oz	0mg	\$7.49	34489

Condiments & Sauces



Product	Product Size	Sodium per Serving	Price	Item Number
Bar Harbor Natural Clam Juice	8oz	0mg	\$4.49	00920
Heinz No Salt Tomato Ketchup	14oz	5mg	\$4.69	13153
Case of 6 Heinz No Salt Added Tomato Ketchup	6 - 14oz	5mg	\$23.99	13153c
Bernard's Barbeque Sauce Mix	19oz	10mg	\$14.99	30802
Tabasco Brand Pepper Sauce	2oz	35mg	\$2.79	xx001
Jersey Girl Classic Hot Sauce (Medium)	5.7oz	0mg	\$9.49	99336
Jersey Girl Bee Sweet Hot Sauce	7.25oz	0mg	\$9.49	94170
Jersey Girl Sizzlin' Hot Sauce (Hot)	5.7oz	0mg	\$9.49	54378
Jersey Girl Masala Hot Sauce	5.7oz	10mg	\$9.49	00302

Condiments & Sauces



Product	Product Size	Sodium per Serving	Price	Item Number
Dash Lime Garlic Marinade	12oz	0mg	\$5.49	60515
Dash Garlic Herb Marinade	12oz	0mg	\$5.49	60511
Dash Sweet Teriyaki Marinade	12oz	0mg	\$5.49	60516
Yellow Mustard-Woodstock Farms	8oz	55mg	\$5.49	00767
Herlocher's Dipping Mustard	8oz	0mg	\$5.69	24615
Penn State Herlocher's Dipping Mustard	12.5oz	0mg	\$8.39	x0135
French's Honey Mustard	12oz	45mg	\$5.59	15523
True Made Foods Veggie Sriracha	18oz	30mg	\$7.69	00415
Taco Bell Hot Sauce	7.5oz	30mg	\$3.69	46935



Product	Product Size	Sodium per Serving	Price	Item Number
Woeber's Sandwich Pal Wasabi Sauce	16oz	30mg	\$5.79	12905
Woeber's Sandwich Pal Smoky Horseradish Sauce	16oz	30mg	\$5.79	12943
Woeber's Supreme Honey Mustard	13oz	30mg	\$5.79	03930
Woeber's Sandwich Pal Horseradish Sauce	16oz.	30mg	\$5.79	x0084
Spectrum Organic Mayonnaise	11.25oz	85mg	\$10.99	X0291
Beaver Brand Whipped Sour Cream Horseradish Sauce	3.75oz	15mg	\$2.99	x0114
Kraft Real Mayo	12oz	70mg	\$5.79	02687
Lawry's Garlic Spread	6oz	50mg	\$7.09	00066
Island Treasure Papaya Pepper Sauce	5oz	0mg	\$6.09	34001
Island Treasure Jamaica Wildfire Sauce	5oz	0mg	\$6.09	34005

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Condiments & Sauces



Product	Product Size	Sodium per Serving	Price	Item Number
Alberto's Raspberry Jalapeno Jelly	10oz	0mg	\$8.49	93413
Alberto's Peach Jalapeno Jam	10oz	0mg	\$8.49	93414
Smucker's Sugar Free Concord Grape Jam	12.75oz	0mg	\$5.99	04001
Smucker's Sugar Free Red Raspberry Preserves	12.75oz	0mg	\$5.99	04002
Smucker's Sugar Free Strawberry Preserves	12.75oz	0mg	\$6.79	40423
Field Day Organic Smooth Unsalted Peanut Butter	18oz	5mg	\$11.29	60221
Field Day Organic Crunchy Unsalted Peanut Butter	18oz	5mg	\$11.29	60222
Crazy Richard's 100% Peanuts Crunchy Peanut Butter	16oz	0mg	\$5.99	70659
Crazy Richard's 100% Peanuts Creamy Peanut Butter	16oz	0mg	\$5.99	61063
Woodstock Unsalted Smooth Peanut Butter	16oz	0mg	\$7.49	18559



Product	Product Size	Sodium per Serving	Price	Item Number
Coconut Secret Organic Aminos Soy Free Alternative	16.9oz	270mg	\$19.99	00210
Coconut Secret Organic Aminos Soy Free Alternative	8oz	270mg	\$9.89	00204
Ginger People Sweet Ginger Chili Sauce	12.7oz	5mg	\$9.49	90127
ServiVita Soy Sauce	11.1oz	175mg	\$7.99	20991
Mrs. Taste Less Sodium Shoyu Soy Sauce	5.4oz	180mg	\$7.99	88895
Sky Valley Taco Sauce	13oz	70mg	\$6.29	00565
Natural Hickory Liquid Smoke	16oz	10mg	\$7.09	71053
Natural Mesquite Liquid Smoke	4oz	0mg	\$2.99	00777
Natural Pecan Liquid Smoke	4oz	0mg	\$2.99	71054
Natural Hickory Liquid Smoke	4oz	10mg	\$2.99	71052
Sun Luck La Yu Chili Oil	5oz	0mg	\$6.89	90103

Condiments & Sauces



Product	Product Size	Sodium per Serving	Price	Item Number
Mrs. Taste Sodium Free American Burger Sauce	11oz	0mg	\$7.99	88833
Mrs. Taste Sodium Free Barbecue Sauce	12oz	0mg	\$7.99	88846
Mrs. Taste Sodium Free Citrus Dressing	10oz	0mg	\$7.99	88838
Mrs. Taste Sodium Free Creamy Sriracha Sauce	7oz	0mg	\$7.99	88860
Mrs. Taste Sodium Free Fine Herbs Dressing	10oz	0mg	\$7.99	88869
Mrs. Taste Sodium Free Italian Dressing	10oz	0mg	\$7.99	88870
Mrs. Taste Sodium Free Ketchup	12oz	0mg	\$7.99	88847
Mrs. Taste Sodium Free Mayonnaise	11oz	0mg	\$7.99	88874
Mrs. Taste Sodium Free Mayonnaise with Garlic	11oz	0mg	\$7.99	88836
Mrs. Taste Sodium Free Mustard	12oz	0mg	\$7.99	88873
Mrs. Taste Sodium Free Onion & Garlic Dressing	10oz	0mg	\$7.99	88840
Mrs. Taste Sodium Free Spicy Barbecue Sauce	12oz	0mg	\$7.99	88834
Mrs. Taste Sodium Free Spicy Ketchup	12oz	0mg	\$7.99	88835
Mrs. Taste Sodium Free Top Taste Sauce	11oz	0mg	\$7.99	88837
Mrs. Taste Sodium Free Curry Ketchup	12oz	0mg	\$7.99	49670
Mrs. Taste Sodium Free Honey Mustard	12oz	0mg	\$7.99	49671
Mrs. Taste Sodium Free Ranch	10oz	0mg	\$7.99	49697
Mrs. Taste Sodium Free Buffalo Wing Sauce	10oz	0mg	\$7.99	49698



Product	Product Size	Sodium per Serving	Price	Item Number
Robbie's Original Barbeque Sauce	18oz	40mg	\$7.99	x00x1
Robbie's Hickory Barbeque Sauce	18oz	40mg	\$7.99	xx003
Robbie's Hawaiian Sweet & Sour Sauce	13.5oz	5mg	\$7.99	xx022
Robbie's Worcestershire Sauce	10oz	20mg	\$7.99	x0035

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Condiments & Sauces



Product	Product Size	Sodium per Serving	Price	Item Number
East Shore Sweet and Tangy Mustard	10oz	0mg	\$8.09	03110
East Shore Coarse with Dill Mustard	10oz	0mg	\$8.09	03310
East Shore Garlic and Pepper Dipping Mustard	10oz	0mg	\$5.49	03605
East Shore Chipotle with Jalapeno Dipping Mustard	5oz	0mg	\$5.49	x3505
East Shore Key Lime with Ginger Mustard	5oz	0mg	\$5.49	x3405
East Shore Sweet and Tangy Mustard	5oz	0mg	\$5.49	x3105
East Shore Sweet and Tangy Mustard	1.4oz	0mg	\$2.09	x3101
East Shore Mild with Tarragon Mustard	5oz	0mg	\$5.49	03205
East Shore Sweet & Hot Mustard for Cheese	5oz	0mg	\$5.49	x3130
East Shore Stoneground Mustard for Cheese	5oz	0mg	\$5.49	x3140

Low Sodium Cheese & Meat



Product	Product Size	Sodium per Serving	Price	Item Number
Hormel Breast of Chicken	5oz	80mg	\$4.99	16901
Wild Planet Organic Roasted Chicken Breast	5oz	25mg	\$7.49	x0221
Season's Sardines-Skinless & Boneless	4.25oz	170mg	\$4.79	x2206
Field Day Organic No Salt Added Albacore Tuna	5oz	65mg	\$4.29	60413
Wild Planet No Salt Added Wild Sardines in Water	4.4oz	70mg	\$4.09	00893
Crown Prince Kipper Snacks	3.25oz	70mg	\$4.59	00802
Safe Catch No Salt Added Wild Pacific Pink Salmon	5oz	85mg	\$6.99	00643
SafeCatch Wild Pink Salmon Pouch No Salt Added	3oz	75mg	\$4.99	06480

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Low Sodium Cheese & Meat



Product	Product Size	Sodium per Serving	Price	Item Number
Simply Serve Pureed Beef with Beef Broth	15oz	35mg	\$11.89	x8023
Simply Serve Pureed Turkey with Turkey Broth	15oz.	65mg	\$11.89	x8143
Simply Serve Pureed Pork with Pork Broth	15oz	40mg	\$11.89	x8123
Stollo's Mild Beef Jerky	1.5oz	65mg	\$5.69	x0400
Stollo's Garlic Beef Jerky	1.5oz	65mg	\$5.69	00401
Stollo's Hot Beef Jerky	1.5oz	65mg	\$5.69	00402
Stollo's Hot Garlic Beef Jerky	1.5oz	65mg	\$5.69	00403
Stollo's Beef Jerky Variety 4 Pack	4-1.5oz bags	65mg each	\$17.96	X0400-4



Product	Product Size	Sodium per Serving	Price	Item Number
Bernard Diet Cheese Sauce Base	16oz	95mg	\$20.95	30808
Kraft Grated Parmesan Cheese	3oz	80mg	\$4.19	61542
Kraft Grated Parmesan Cheese	8oz	80mg	\$9.79	61531
Wild Planet No Salt Added Wild Pink Salmon	6oz	85mg	\$10.59	00466
Wild Planet No Salt Added Albacore Tuna	5oz	85mg	\$7.49	00541
Wild Planet No Salt Added Skipjack Tuna	5oz	30mg	\$5.79	00718
Wild Planet No Salt Added Skipjack Tuna Pouch	3oz	55mg	\$4.29	00132
Wild Planet No Salt Added Albacore Tuna Pouch	3oz	85mg	\$6.29	00074

Low Sodium Cheese & Meat



Product	Product Size	Sodium per Serving	Price	Item Number
Natural Sea Wild Pink Salmon	7.5oz	60mg	\$7.99	00305
Natural Sea Chunk Light Tuna	6oz	140mg	\$5.89	x0605
Natural Sea Chunk Light Tongol Tuna	6oz	50mg	\$4.99	00781
Chicken of the Sea Less Sodium Chunk Light Tuna	5oz	75mg	\$2.79	25455
Chicken of the Sea Low Sodium Wild Alaskan Pink Salmon Pouch	3oz	140mg	\$3.89	01182
Natural Sea Unsalted Wild Albacore Tuna Pouch	3oz	100mg	\$5.99	17569
Safecatch No Salt Added Wild Albacore Tuna	5oz	20mg	\$7.49	06091
Sustainable Seas No Salt Added Albacore Tuna	5oz	120mg	\$4.99	00328
Sustainable Seas No Salt Added Chunk Light Tuna	5oz	125mg	\$3.99	00330

No Salt Microwave Popcorn



Healthy Heart Market No Salt Microwave Popcorn			
Product Size	Sodium per Serving	Price	Item Number
2oz	0mg	\$2.19	50550
3-2oz packets	0mg	\$5.19	50550-3
6-2oz packets	0mg	\$9.69	50550-6
12-2oz packets	0mg	\$18.99	50550-12
60-2oz packets	0mg	\$89.99	50550-60

Pasta & Pasta Sauces



Product	Product Size	Sodium per Serving	Price	Item Number
Francesco Rinaldi Pasta Sauce	23.5oz	40mg	\$5.69	81615
Case of 12 Francesco Rinaldi Pasta Sauce	12– 23.5oz	40mg	\$62.59	81615c
Victoria Low Sodium Marinara Sauce	24oz	120mg	\$11.99	00745
Gia Russa Low Sodium Tomato Basil Pasta Sauce	24oz	0mg	\$10.99	00700
Delallo Pizzeria Style Pizza Sauce	14oz	50mg	\$6.29	42455
Organico Bello Delicate Recipe Organic Pasta Sauce	25oz	130mg	\$10.99	99809

Pasta & Pasta Sauces



Product	Product Size	Sodium per Serving	Price	Item Number
Ronzoni Gluten Free 4 Grain Thin Spaghetti	12oz	0mg	\$4.29	040089
Field Day Organic Gluten Free Fettuccine Pasta	12oz	0mg	\$5.19	60116
Ronzoni Healthy Harvest Whole Wheat Linguini	16oz	0mg	\$3.99	72113
Ronzoni Gluten Free Rotini	12oz	0mg	\$4.29	04214
Ronzoni Gluten Free 4 Grain Penne Rigate	12oz	0mg	\$3.99	04234
Lotus Foods No Sodium Organic Rice Ramen	10oz	0mg	\$8.99	60203

Pickles and Relish



Product	Product Size	Sodium per Serving	Price	Item Number
Byler's Sweet Pepper Relish	16oz	25mg	\$7.49	00104
Byler's Hot Pepper Relish	16oz	30mg	\$7.49	01038
Byler's Bread & Butter Pickles	16oz	65mg	\$7.49	01236
Byler's Pickled Garlic	16oz	25mg	\$9.39	00171
Byler's Spicy Bread & Butter Pickles	16oz	65mg	\$7.49	00125
Byler's Bread & Butter Pickle Relish	16oz	70mg	\$7.49	01229
Byler's Mild Salsa	16oz	75mg	\$7.49	01106
Byler's Hot salsa	16oz	75mg	\$7.49	01113
Byler's Corn Relish	16oz	30mg	\$7.49	01304
Byler's Bread & Butter Jalapeno	16oz	65mg	\$7.49	01816
Byler's Onion Relish	16oz	0mg	\$7.49	01502
Byler's Piccalilli Relish	16oz	25mg	\$7.49	00138

Pickles & Relish



Product	Product Size	Sodium per Serving	Price	Item Number
Healthy Heart Market No Salt Bread & Butter Pickle Chips	16oz	0mg	\$7.49	55312
Case of 12 Healthy Heart Market No Salt Bread & Butter Pickles	12—16oz	0mg	\$82.39	55312c



Product	Product Size	Sodium per Serving	Price	Item Number
Ricks Picks Classic Sours Dill Pickle Spears	24oz	75mg	\$11.99	x0226
Alberto's Sweet Jalapeno Relish-Sweet & Tangy	12.5oz	5mg	\$7.89	93401
Alberto's Sweet Jalapeno Relish-Mild	13.5oz	5mg	\$7.89	92306
Alberto's Sweet Jalapeno Relish-Medium	12.5oz	5mg	\$7.89	93408
Alberto's Sweet Jalapeno Relish-Hot	12.5oz	5mg	\$7.89	93412
Alberto's Sweet Zucchini Relish	12.5oz	0mg	\$8.59	99311
Alberto's Candied Jalapeno Slices	9oz	0mg	\$7.49	93409
Rick's Picks Phat Beets Low Sodium	15oz	10mg	\$12.89	84706
Best Yet Sliced Beets No Salt Added	15oz	15mg	\$2.99	21222
Aunt Nellie's Sliced Pickled Beets	16oz	15mg	\$3.99	05463
Suckerpunch Sweet Bread & Butter Pickle Chip	3.4oz	65mg	\$3.29	00670
Randy's Artisanal No Sodium Sweet & Tangy Bread N' Butter Pickle Chips	24oz	0mg	\$12.89	x7009

Rice & Side Dishes



Product	Product Size	Sodium per Serving	Price	Item Number
Neera's Indian Dal with Chaunk	7oz	4mg	\$9.19	05012
Neera's Jamaican Style Dirty Rice	7.5oz	5mg	\$9.19	09010
Neera's Indian Urad and Channa Dal	8.5oz	4mg	\$9.19	09011
Neera's Indian Shahi Pilau	9.5oz	6mg	\$9.19	09013
Neera's Authentic Northern Indian Biryani	8.5oz	4mg	\$9.19	09014



Product	Product Size	Sodium per Serving	Price	Item Number
Best Yet Instant Brown Rice Sodium Free	14oz	0mg	\$3.49	48984
Best Yet Instant White Rice	14oz	0mg	\$3.49	02444
Uncle Ben's Ready Rice Original	8.8oz	10mg	\$4.89	31764
Nature's Earthly Choice Riced Cauliflower	8.5oz	55mg	\$5.59	10123
Nature's Earthly Choice Riced Broccoli	8.5oz	55mg	\$5.59	10124
Gefen Instant Mashed Potatoes	10oz	25mg	\$6.49	60730
Basic American Foods Low Sodium Mashed Potatoes	57oz	15mg	\$25.99	18370

Salad Dressings



Product	Product Size	Sodium per Serving	Price	Item Number
Braswell's Creamy Vidalia Onion Dressing	12oz	95mg	\$6.89	64179
Braswell's Creamy Vidalia Onion Peppercorn Dressing	12oz	110mg	\$6.89	10179
Alessi Premium Organic Balsamic Vinegar	8.5oz	0mg	\$5.29	01172
Bragg Organic Vinaigrette Dressing & Marinade	12oz	20mg	\$10.69	30123
Bragg Organic Oil Free Vinaigrette Dressing	12oz	0mg	\$10.69	35128
Annie's Balsamic Vinaigrette	8oz	60mg	\$7.49	333221



Product	Product Size	Sodium per Serving	Price	Item Number
Farmer Boy Restaurant Lite Greek Dressing	16oz	0mg	\$7.79	xx029
Farmer Boy Balsamic Vinaigrette	16oz	25mg	\$7.79	x0307
Case of 12 Farmer Boy Lite Greek Dressing	12 - 16oz	0mg	\$85.69	Xx029-12
Case of 12 Farmer Boy Balsamic Vinaigrette	12 - 16oz	0mg	\$85.69	X0307-12

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Salsa



Product	Product Size	Sodium per Serving	Price	Item Number
Frog Ranch Mild Salsa	16oz	40mg	\$6.29	17701
Frog Ranch Medium Salsa	16oz	40mg	\$6.29	17702
Frog Ranch Hot Salsa	16oz	40mg	\$6.29	17703
Frog Ranch Smoked Jalapeno Salsa	16oz	40mg	\$6.29	17704
Fox Valley Black Bean with Sweet Corn Salsa	12oz	35mg	\$7.29	00005
Green Mountain Gringo Mild Salsa	16oz	90mg	\$8.89	53852
Green Mountain Gringo Medium Salsa	16oz	75mg	\$8.89	x0600
Green Mountain Gringo Hot Salsa	16oz	90mg	\$8.89	53582

Seasonings & Spices



Product	Product Size	Sodium per Serving	Price	Item Number
MySalt Seasoned Salt Substitute	3oz	0mg	\$7.49	19906
MySalt Original Salt Substitute	3oz	0mg	\$7.49	19901
MySalt Herb Garden Salt Substitute	3oz	0mg	\$7.49	19904
MySalt Butter Flavored Salt Substitute	3oz	0mg	\$7.49	19902
MySalt Garlic Flavored Salt Substitute	3oz	0mg	\$7.49	19903
MySalt Heatwave Salt Substitute	3oz	0mg	\$7.49	19905
MySalt Garden Italian Seasoning	1.25oz	0mg	\$2.89	19916
MySalt Sloppy Joe Seasoning Mix	1.31oz	0mg	\$2.89	99359
MySalt Spaghetti Sauce Mix Sodium Free	1.34oz	0mg	\$2.89	99342
MySalt Chili Seasoning Mix Sodium Free	1.25oz	0mg	\$2.89	99366
MySalt Low Sodium Taco Seasoning Mix	1oz	20mg	\$2.89	19932
MySalt Sodium Free Ranch Seasoning	1oz	0mg	\$2.89	19931

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Seasonings & Spices



Product	Product Size	Sodium per Serving	Price	Item Number
Kinder's No Salt Ancho Chili and Lime Seasoning	2.1oz	0mg	\$5.99	77027
Kinder's No Salt Blackened Seasoning	2.0oz	0mg	\$5.99	37701
Kinder's No Salt Garlic and Herb Seasoning	2.4oz	0mg	\$5.99	37700
Kinder's No Salt Lemon Pepper Seasoning	2.6oz	0mg	\$5.99	37703
Fiesta Brand Fajita Seasoning	5oz	0mg	\$4.99	20018
All Purpose Spike Brand Gourmet Natural Seasoning	1.9oz	0mg	\$4.39	x0007
VEGIT Magic Spike Brand Gourmet Natural Seasoning	2oz	15mg	\$4.39	x7582
Original NoSalt Sodium Free Salt Alternative	11oz	0mg	\$11.49	36003



Product	Product Size	Sodium per Serving	Price	Item Number
Frontier Mexican Seasoning Blend	2oz	0mg	\$6.29	18905
Frontier Italian Seasoning Blend	0.64oz	0mg	\$6.29	18907
Frontier Lemon Pepper Seasoning Blend	2.08oz	0mg	\$6.29	18909
Frontier Taco Seasoning	2.33oz	0mg	\$6.29	18921
Frontier Cream of Tartar	3.52oz	0mg	\$7.19	18334
Frontier Chili Powder	2.08oz	0mg	\$6.29	18321
Frontier Co-op Pizza Seasoning	1.04oz	0mg	\$6.29	18906
Fortner's #37 Seasoning	1.2oz	0mg	\$9.09	00037
Fortner's #55 Seasoning	1.3oz	0mg	\$9.09	00055
Fortner's #75 Seasoning	1.2oz	0mg	\$9.09	00075
Fortner's #89 Seasoning	1.4oz	0mg	\$9.09	00089

Seasonings & Spices



Product	Product Size	Sodium per serving	Price	Item Number
Wayzata Bay Chili Powder-Medium Heat	2.3oz	No Salt Added	\$6.89	w315
Wayzata Bay Chili Powder-Hot	2.3oz	No Salt Added	\$6.89	w316
Wayzata Bay Garlic Pepper	2.4oz	No Salt Added	\$6.89	w341
Wayzata Bay Adobo Seasoning	2.1oz	No Salt Added	\$6.89	w362
Wayzata Bay Cardiac Cajun	2oz	No Salt Added	\$6.89	w367
Wayzata Bay Pig Out! Pork Seasoning	2.5oz	No Salt Added	\$6.89	w375
Wayzata Bay Sriracha Seasoning	3.3oz	No Salt Added	\$6.89	x663
Morton Salt Substitute Sodium Free	1.25oz	0mg	\$6.29	46503
Fit salt Salt Substitute	6oz	0mg	\$10.39	76894
Bragg Organic Sprinkle Herbs & Spices Salt Free	1.5oz	0mg	\$7.89	06002



Product	Product Size	Sodium per Serving	Price	Item Number
Dak's Asian Zing Seasoning	1.7oz	0mg	\$6.89	93336
Dak's Butt Kickin' Buffalo Seasoning	1.6oz	0mg	\$6.89	93332
Dak's Everything but-tha' Salt Seasoning	1.9oz	0mg	\$6.89	36923
Dak's Green Zest Seasoning	1.5oz	0mg	\$6.89	93334
Dak's Original Red Seasoning	2oz	0mg	\$6.89	93339
Dak's Steakhouse Seasoning	1.5oz	0mg	\$6.89	93335
Dak's BBQ Seasoning	1.5oz	0mg	\$6.89	93333
Dak's Nothin' But Ranch No Salt	1.2oz	0mg	\$6.89	50125
Dak's Super Greek Seasoning	1oz	0mg	\$6.89	33315

Seasonings & Spices



Product	Product Size	Sodium per Serving	Price	Item Number
Mrs. Dash Fiesta Lime Seasoning Blend	2.4oz	0mg	\$5.99	60533
Mrs. Dash Lemon Pepper Seasoning Blend	2.5oz	0mg	\$5.99	24613
Mrs. Dash Extra Spicy Seasoning Blend	2.5oz	0mg	\$5.99	24103
Mrs. Dash Chicken Grilling Seasoning Blend	2.4oz	0mg	\$5.99	24253
Mrs. Dash Southwest Chipotle Seasoning Blend	2.5oz	0mg	\$5.99	24223
Mrs. Dash Tomato Basil Garlic Seasoning Blend	2oz	0mg	\$5.99	24663
Mrs. Dash Everything But The Salt Seasoning	2.6oz	0mg	\$5.99	29918
Mrs. Dash Italian Medley Seasoning Blend	2oz	0mg	\$5.99	24493
Mrs. Dash Onion & Herb Seasoning Blend	2.5oz	0mg	\$5.99	24093
Mrs. Dash Steak Grilling Seasoning Blend	2.5oz	0mg	\$5.99	24193
Mrs. Dash Garlic Herb Seasoning Blend	2.5oz	0mg	\$5.99	24883
Mrs. Dash Table Blend Seasoning	2.5oz	0mg	\$5.99	24993
Mrs. Dash Original Blend Seasoning	2.5oz	0mg	\$5.99	24083
Mrs. Dash Caribbean Citrus Seasoning Blend	2.4oz	0mg	\$5.99	60534



Product	Product Size	Sodium per Serving	Price	Item Number
Mrs. Dash Chili Seasoning Mix	1.25oz	0mg	\$2.89	xx103
Dash Salt Free Taco Seasoning Mix	1.25oz	0mg	\$2.89	00101

Seasonings & Spices



Product	Product Size	Sodium per Serving	Price	Item Number
Goodman's Low Sodium Onion Soup and Dip Mix	2.75oz	95mg	\$3.99	04708
Pizza and Pasta Magic-Herbal	3oz	0mg	\$5.69	02365
Pizza and Pasta Magic-Hot and Sweet	3.6oz	0mg	\$5.69	02370
Magic Seasoning Blend	5oz	0mg	\$6.99	13010
Weber Salt Free Burger Seasoning	2.75oz	0mg	\$4.99	04038
Weber Salt Free Chicken Seasoning	2.5oz	0mg	\$4.99	04014
Cavender's All Purpose Greek Seasoning	7oz	0mg	\$7.99	74350
Sun-Bird Mongolian Beef Sodium Free Seasoning Mix	1oz	0mg	\$2.29	07031
Kingsford Original No Salt All Purpose Seasoning	4.25oz	0mg	\$4.49	x6000
WhoopAss Chili Mix	6oz	40mg	\$6.89	11406
Williams Original Chili Seasoning	1oz	0mg	\$2.69	01100
Williams Chicken Chili Seasoning	1.125oz	20mg	\$2.69	01129

Snacks



Product	Product Size	Sodium per Serving	Price	Item Number
Just Premium Corn	0.75oz	15mg	\$2.19	25002
Just Fruit Salad	0.5oz	0mg	\$2.19	44000
Just Premium Apples	0.75oz	35mg	\$2.19	10201
Just Premium Strawberries 'N Bananas	0.5oz	25mg	\$2.19	33004
Just Veggies Snack Tub	4oz	40mg	\$5.29	10702
Dry Roasted Edamame	4oz	150mg	\$3.39	10200
Dakota Style No Salt Roasted Sunflower Kernels	8oz	0mg	\$4.89	20179

Snacks



Product	Product Size	Sodium per Serving	Price	Item Number
Kind Plus Cranberry Almond with Macadamia Nuts Bar	1.4oz	20mg	\$2.39	17011
Kind Fruit & Nut Almond Coconut Bar	1.4oz	10mg	\$2.39	17008
Kind Madagascar Vanilla Almond Bar	1.4oz	15mg	\$2.39	17650
Kind Fruit & Nut Bar	1.4oz	15mg	\$2.39	17004
Snyder's Unsalted Mini Pretzels	12oz	0mg	\$6.79	03404



Product	Product Size	Sodium per Serving	Price	Item Number
Kettle Brand Unsalted Potato Chips	5oz	2mg	\$5.99	00999
Kettle Brand Unsalted Potato Chips	7.5oz	2mg	\$7.29	02108
Xochitl Thin & Crispy Stoneground Corn Chips	12oz	0mg	\$7.49	00071
Xochitl Thin & Crispy Stoneground Corn Chips	16oz	0mg	\$8.99	54137
Terra No Salt Added Sweet Potato Chips	6oz	10mg	\$6.79	34566
Terra No Salt Added Sweets & Beets Chips	6oz	15mg	\$6.79	01315
Slim Kim Original Popcorn	6oz	30mg	\$5.69	00513
Donkey Unsalted Authentic Tortilla Chips	11oz	0mg	\$6.69	x0103
Barbara's Bakery Original Cheese Puffs	7oz	160mg	\$5.69	00062
Garden of Eatin' No Salt Added Blue Corn Tortilla Chips	16oz	5mg	\$10.99	00765
Siete No Salt Grain Free Tortilla Chips	5oz	0mg	\$8.99	x0765

snacks



Product	Product Size	Sodium per Serving	Price	Item Number
Streit's Unsalted Matzos	11oz	0mg	\$5.99	50002
Blue Diamond Almond Nut-Thins Crackers	4.25oz	55mg	\$5.89	05354
Good Thins Gluten Free Rice Snacks	3.5oz	85mg	\$7.09	44718
12pk Taco Bell Crunchy Taco Shells	4.5oz	0mg	\$4.29	04694
12pk Garden of Eatin' Yellow Corn Taco Shells	5.5oz	0mg	\$6.99	10731
12pk Garden of Eatin' Blue Corn Taco Shells	5.5oz	0mg	\$6.99	00735
Triscuit Hint of Salt Crackers	8.5oz	50mg	\$7.09	02802
Wheat Thins Hint of Salt Crackers	9.1oz	55mg	\$5.19	03038
Pringles Lightly Salted	5.2oz	70mg	\$4.09	84509
Brown Rice Snaps Unsalted Plain	3.5oz	0mg	\$5.09	00041
Nabisco Unsalted Tops Premium Saltine Crackers	16oz	60mg	\$8.69	00554
Ritz Crackers Hint of Salt	13.7oz	25mg	\$6.99	31190



Product	Product Size	Sodium per Serving	Price	Item Number
Quaker chocolate Rice Cakes	7.23oz	35mg	\$5.29	16947
Quaker Caramel Rice Cakes	6.5oz	25mg	\$5.29	16910
Quaker Lightly Salted Rice Cakes	4.47oz	15mg	\$5.29	16902
Quaker Apple Cinnamon Rice Cakes	6.53oz	0mg	\$4.59	16900
Udi's Gluten Free AU Naturel Granola	11oz	0mg	\$8.99	80607
Udi's Granola-Cranberry & Walnuts	11oz	40mg	\$8.99	80608
Udi's Granola-Vanilla & Almonds	11oz	0mg	\$8.99	80611

Snacks



Product	Product Size	Sodium per Serving	Price	Item Number
Gurley's No Salt Added Roasted Jumbo Shelled Peanuts	24oz	0mg	\$6.49	49725
Fisher Lightly Salted Dry Roasted Peanuts	14oz	100mg	\$6.29	46705
Planters Lightly Salted Dry Roasted Peanuts	16oz	75mg	\$6.79	76501
Best Yet Lightly Salted Mixed Nuts	10oz	65mg	\$8.99	42651
Blue Diamond almonds Lightly Salted	6oz	40mg	\$6.49	05982
Smude's Low Sodium Microwave Popcorn	3 - 3.2oz	85mg	\$6.89	00233
3 Pack - Black Jewell Popcorn No Salt Added	3 - 2.9oz	5mg	\$5.99	00031

Soups & Broths



Product	Product Size	Sodium per Serving	Price	Item Number
Kitchen Basics Unsalted Vegetable Stock	8.25oz	210mg	\$2.69	32028
Kitchen Basics Unsalted Chicken Stock	8.25oz	135mg	\$2.69	32509
Kitchen Basics Unsalted Vegetable Stock	32oz	170mg	\$5.59	34021
Kitchen Basics Unsalted Chicken Stock	32oz	150mg	\$5.59	34503
Kitchen Basics Unsalted Beef Stock	32oz	180mg	\$5.59	34513
Field Day Organic Low Sodium Vegetable Broth	32oz	140mg	\$5.59	60059
Field Day Organic Free Range Chicken Broth	32oz	140mg	\$5.39	60055
Streit's Low Sodium Matzo Ball & Soup Mix	4.5oz	125mg	\$3.79	50049
Taking Stock Unsalted Chicken Bone Broth	16oz	30mg	\$11.99	00701
Zoup! Low Sodium Chicken Broth	31oz	59mg	\$10.99	x0300

Soups & Broths



Product	Product Size	Sodium per Serving	Price	Item Number
Health Valley Vegetable Soup	15oz	70mg	\$5.99	22101
Health Valley Lentil Soup	15oz	30mg	\$5.99	22102
Health Valley Minestrone Soup	15oz	70mg	\$5.99	22103
Health Valley Tomato Soup	15oz	60mg	\$5.99	22106
Health Valley Organic Chicken Noodle Soup	14.5oz	130mg	\$5.99	22235
Health Valley Chicken and Rice Soup Low Sodium	15oz	85mg	\$5.99	22234
Campbell's Condensed Unsalted Cream of Chicken Soup	10.5oz	60mg	\$3.99	79743
Campbell's Condensed Unsalted Cream of Mushroom	10.5oz	50mg	\$3.99	27975
Campbell's Low Sodium Vegetable Soup	7.25oz	105mg	\$2.49	00603
Campbell's Low Sodium Tomato Soup	7.25oz	50mg	\$2.49	00601
Campbell's Low Sodium Chicken Noodle Soup	7.25oz	60mg	\$2.79	00614
Case of 12 Campbell's Condensed Unsalted Cream of Chicken Soup	12 - 10.5oz	60mg	\$39.99	79743-12
Case of 12 Campbell's Condensed Unsalted Cream of Mushroom soup	12 - 10.5oz	50mg	\$39.99	27975-12



Product	Product Size	Sodium per Serving	Price	Item Number
Pacific Organic Low Sodium Chicken Broth	4 pack - 8oz	70mg	\$10.39	05435
Pacific Organic Low Sodium Chicken Stock	32oz	65mg	\$9.39	05631
Bernard Beef Flavor Base	25oz	70mg	\$15.99	x8025
Bernard Chicken Flavor Base	25oz	90mg	\$15.99	x8085
Swanson's Unsalted Chicken Broth	32oz	35mg	\$4.99	22463
Swanson's Unsalted Beef Broth	32oz	75mg	\$5.19	22464
Swanson's Unsalted Chicken Stock	32oz	100mg	\$5.29	21450

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Soups & Broths



Product	Product Size	Sodium per Serving	Price	Item Number
Herb Ox Beef Bouillon-Glass Jar	3.3oz	0mg	\$6.69	36363
Herb Ox Chicken Bouillon-Glass Jar	3.3oz	0mg	\$6.69	36343
Herb Ox Beef Bouillon-50 Packets	7.05oz	0mg	\$10.19	02315
Herb Ox Chicken Bouillon-50 Packets	7.05oz	0mg	\$10.19	02325
Herb Ox Beef Bouillon-8 Packets	1.1oz	0mg	\$3.09	36603
Herb Ox Chicken Bouillon-8 Packets	1.1oz	0mg	\$3.09	36613
Knorr Zero Salt Chicken Flavor Bouillon	2.6oz	0mg	\$6.39	01519
Knorr Zero Salt Roasted Garlic Bouillon	2.6oz	0mg	\$6.39	01521
Bernard Chicken Flavor Gravy Mix	13.5oz	140mg	\$10.05	x0543
Bernard Brown Gravy Mix	13.5oz	140mg	\$10.05	x0523
Frontier Low Sodium Vegetable Flavored Broth Powder	16oz	15mg	\$12.69	02126



Product	Product Size	Sodium per Serving	Price	Item Number
Frontier Illinois Prairie Corn Chowder Soup Mix	7oz	5mg	\$7.99	00103
Frontier Beef Barley Bean Stew Mix	14oz	10mg	\$7.99	x0101
Frontier Colorado Campfire Chicken Stew Mix	7oz	10mg	\$7.99	x0141
Frontier Minnesota Heartland Eleven Bean Soup Mix	18oz	10mg	\$7.99	xx107
Frontier California Gold Rush White Bean Chili Mix	15oz	25mg	\$7.99	00114
Frontier Ohio Valley Vegetable Soup Mix	7oz	20mg	\$7.99	00109
Frontier Kentucky Homestead Chicken & Rice Soup Mix	4.25oz.	45mg	\$7.99	30146
Frontier Chicago Bistro French Onion Soup Mix	4.75oz	0mg	\$7.99	30140
Frontier South of the Border Tortilla Soup Mix	4.5oz.	10mg	\$7.99	30120
Frontier Montana Creekside Classic Chili Mix	6.25oz	10mg	\$7.99	30149

Soups & Broths



Product	Product Size	Sodium per Serving	Price	Item Number
Frontier Broccoli Cheddar Soup Mix	4.25oz	8mg	\$7.99	30119
Frontier Potato Leek Soup Mix	4oz	5mg	\$7.99	30102
Frontier Chicken Noodle Soup Mix	4.5oz	20mg	\$7.99	30116
Frontier Beef Goulash Soup Mix	6oz	5mg	\$7.99	30142
Frontier Florida Sunshine Red Pepper Corn Chowder Soup Mix	5oz	25mg	\$7.99	30137
Frontier Mississippi Delta Tomato Basil Soup	4oz	0mg	\$7.99	30115
Frontier Golden Peanut Soup Mix	4.5oz	35mg	\$7.99	30138
Frontier Arizona Sunset Enchilada Soup Mix	5.75oz	5mg	\$7.99	30143

Tomatoes



Product	Product Size	Sodium per Serving	Price	Item Number
Pomi No Sodium Added Chopped Tomatoes	26.46oz	0mg	\$6.09	42427
Pomi No Sodium Added Strained Tomatoes	26.46oz	0mg	\$6.09	42420
Pomi Tomato Sauce	17.64	5mg	\$3.99	46558
Bionurae Organic Tomato Paste No Salt Added	7oz	0mg	\$3.89	920016
Bionurae Organic Crushed Tomatoes No Salt Added	28oz	50mg	\$7.09	98003
Hunt's Diced Tomatoes with Basil, Garlic & Oregano	14.5oz	25mg	\$3.79	37892
Hunt's Diced Tomatoes	14.5oz	15mg	\$3.79	38049
Hunt's No Salt Added Tomato Paste	6oz	25mg	\$2.09	38807
Hunt's Natural Tomato Paste	6oz	25mg	\$2.09	38815
Hunt's Stewed Tomatoes	14.5oz	30mg	\$3.79	37907
Hunt's No Salt Added Tomato Sauce	8oz	15mg	\$1.89	39007
Best Yet No Salt Added Sliced Stewed Tomatoes	14.5oz	20mg	\$2.99	45010
Best Yet No Salt Added Diced Tomatoes	14.5oz	15mg	\$2.99	21994
Best Yet No Salt Added Tomato Sauce	8oz	10mg	\$2.39	41099

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Tomatoes



Product	Product Size	Sodium per Serving	Price	Item Number
Muir Glen Tomato Paste	6oz	35mg	\$2.99	38171
Muir Glen Fire Roasted Diced Tomatoes	14.5oz	15mg	\$4.49	26926
Muir Glen Premium Diced Tomatoes	14.5oz	15mg	\$4.29	28561
Muir Glen Tomato Sauce	15oz	10mg	\$4.29	28571
Ro-Tel No Salt Added Diced Tomatoes & Green Chilies	10oz	15mg	\$3.49	28304
V8 Low Sodium Original Vegetable Juice—6 pack	5.5oz	95mg	\$7.99	00067
V8 Low Sodium Spicy Hot Vegetable Juice	46oz	140mg	\$6.69	19240
V8 Low Sodium Original Vegetable Juice	46oz	140mg	\$6.69	12157
Bionaturae Organic Strained Tomatoes No Salt Added	24oz	5mg	\$5.99	96801

Vegetables



Product	Product Size	Sodium per Serving	Price	Item Number
Giorgio Mushrooms-Pieces & Stems	4oz	25mg	\$3.99	00144
Case of 12 Giorgio Mushrooms No Salt Added	12 - 4oz	25mg	\$43.89	12-00144
Butter Kernel Whole Kernel Corn No Salt Added	15oz	10mg	\$2.69	47549
Butter Kernel Cut Green Beans No Salt Added	14.5oz	15mg	\$2.69	49278
Del Monte No Salt Added Leaf Spinach	13.5oz	5mg	\$3.49	16318
Eden Organic Sea Salt Sauerkraut	32oz	220mg	\$11.69	x1100
Ortega Hot Diced Jalapeno Slices	4oz	5mg	\$2.89	01039
Nature's Pride Cut Sweet Potatoes	15oz	20mg	\$3.49	00703
Tillen Farms Pickled Crunchy Carrots Low Sodium	12oz	10mg	\$13.09	12005
Tillen Farms Low Sodium Pickled Asparagus	12oz	130mg	\$14.29	12001
Tillen Farms Low Sodium Spicy Asparagus	12oz	130mg	\$14.29	12006
Best Yet Crispy French Fried Onions	6oz	40mg	\$5.49	19800
Lars Crispy Onions All Natural	4oz	35mg	\$5.49	30513

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Vegetables



Product	Product Size	Sodium per Serving	Price	Item Number
Lindsay Low Sodium Medium Pitted Olives	6oz	40mg	\$4.39	21405
Pearl's Reduced Sodium Large Black Olives	6oz	70mg	\$4.09	42003
La Choy Bean Sprouts	14oz	40mg	\$2.99	23304
La Choy Stir Fry Fancy Mixed Vegetables	14oz	45mg	\$4.29	12370
La Choy Sliced Bamboo Shoots	8oz	10mg	\$2.19	12395
La Choy Sliced Water Chestnuts	8oz	15mg	\$2.19	12391
Ty Ling Stir Fry Corn	15oz	20mg	\$4.39	00501
Best Yet Low Sodium Sweet Peas	15oz	140mg	\$2.99	39916



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\$50.01 to \$60.00.....	\$15.95
\$60.01 to \$70.00.....	\$17.95
\$70.01 to \$79.00.....	\$19.95

Free shipping on any order of \$79+

Healthy Heart Market Order Form

Ordered By:

Ship To (if different than Ordered By):

Name _____

Name _____

Address _____
(Sorry, we cannot ship to PO Boxes)Address _____
(Sorry, we cannot ship to PO Boxes)

City _____ State _____ Zip _____

City _____ State _____ Zip _____

Daytime Telephone _____

Daytime Telephone _____

Email Address: _____

Qty.	Item Number	Description	Each Price	Total Price

FOUR EASY WAYS TO ORDER

VISIT OUR ONLINE STORE AT:
www.healthyheartmarket.com

MAIL ORDER & PAYMENT INFORMATION TO:
Healthy Heart Market
38217 US HWY 169
Onamia, MN 56359

CALL IN YOUR ORDER TO: 612-263-2170
Email PayPal payments to:
Orders@healthyheartmarket.com

METHOD OF PAYMENT
 Check or Money Order
 Credit Card: Visa Mastercard Discover/Novus
 Card Number _____
 Expiration Date _____ Security Code: _____
 Signature _____

Payment required before shipment.
Sorry, no CODs.



PRODUCT TOTAL	
Handling	\$1.95
Shipping	
GRAND TOTAL	

Shipping Charges:

Up to \$10.00.....	\$6.95
\$10.01 to \$20.00.....	\$8.95
\$20.01 to \$30.00.....	\$10.95
\$30.01 to \$40.00.....	\$12.95
\$40.01 to \$50.00.....	\$14.95
\$50.01 to \$60.00.....	\$15.95
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*Telephone Number is required in order to complete your order.

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Healthy Heart Market

38217 US HWY 169

Onamia, MN 56359

Postage Here



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