



Summer 2011

Healthy Heart Market

Shop us online at: www.healthyheartmarket.com

The Leading Source for Low & No Sodium Food Products!

Over 500 Products Strong & Growing!

Find Products that will make your life easier and more enjoyable!



B&G Unsalted Sweet pickle Relish!
No sodium! If you have not tried this,
you really are missing out!
Product #00540
\$3.49 per 10 oz. jar
Case of 12- \$38.39



We are proud to announce our very
own brand of No Sodium pickles!
Excellent flavor & crunch!
Healthy Heart Market Crunchy Dill
Pickles. Sodium Free!
\$7.00 per 32 oz. jar
Product # 55309
Case of 12 jars- \$77.00



Lum Taylors Bold And Rich Flavor has
only 15mg of sodium per 2 Tbls. serv-
ing. This BBQ Sauce is the absolute
best! You are going to love it!
\$4.49 per bottle
Product # 16135
Case of 12- \$49.39



Herb-Ox Sodium Free Chicken
Bouillon- 50 Packets.
Instant Broth and Seasoning.
\$7.95
Product # 02325



Try the very popular Featherweight
baking powder! It is sodium and gluten
free. \$5.95 per container
Product # 02233



Williams Original Chili Mix.
Bold Chili Flavor in a Packet, and
enough to season 2 lbs. of meat.
It is Sodium free!
\$1.89 per packet
Product # 01100

Welcome to the Healthy Heart Market Catalog Listing....

Since our beginning in 1998, Healthy Heart Markets sole purpose was to offer a variety of foods that contain no sodium, and low levels of sodium, and allow the convenience of shopping at one location. Today, we continue that same convenience and are able to offer more than 500 products that are all on our website. For customer's that do not have access to the web, we offer this catalog listing all of the food items that we offer. We will take your order by mail, phone, or fax.



The best way to find information about our products is to visit us on our website at www.HealthyHeartMarket.com. There you will find complete nutritional, as well as, ingredient information. New items are continuously added too, so you can find out about them on the website and you can place your order on-line. Whatever method you choose, be sure to order today!

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**Contacting
Healthy Heart Market**

Web page and on-line store:
www.healthyheartmarket.com

Orders toll free
1-888-685-5988
Fax 1-763-262-2022

Request catalogs toll free at:
1-763-262-2020
or download a copy at
www.healthyheartmarket.com
Or E-mail us at:
Orders@healthyheartmarket.com

Gift Certificates

\$25.00 Gift Certificate	Item #gift25	\$ 25.00
\$50.00.00 Gift Certificate	Item #gift50	\$ 50.00
\$100.00 Gift Certificate	Item #gift100	\$100.00

There are no shipping charges on Gift Certificates.

Products from Healthy Heart Market!!!

We have our own spice/dip mixes that bring great flavor to your kitchen. Whether you need a great dip for entertaining or just want to add some zing to your favorite dish, these mixes are very versatile, packed with flavor, and have no or very low sodium. Order all 5 for \$13.95. Item # 00049

Here is one of our favorite products, Healthy Heart Market's own microwave popcorn. No sodium, no oils, just the highest quality organic popping corn available. You will not believe how good quality popcorn can taste. Each package contains a generous 2 ounces.

Item #50550, single pack.....\$1.19
 Item #50550-3, three pack.....\$3.25
 Item #50550-6, six pack.....\$6.35
 Item #50550-12, a dozen.....\$12.25
 Item #50550-48, 4 dozen.....\$48.00

Be sure to check out the variety of Kernel Popcorn Seasonings, within this catalog, to go with your popcorn!

	Item #	Price
Starter Kit- SPECIAL BONUS OFFER!!!!	# KIT1	\$69.00
Baking Products		
Featherweight Baking Powder- 8 ounce jar Sodium free! 70mg potassium per serving	# 02233	\$5.95
Ener G Improved Baking Soda- 4.97 ounce jar Sodium free! 56 servings per jar	# 80410	\$7.59
Ener G Improved Baking Powder- 7.05 ounce Jar Low Sodium! Wheat, Dairy, And Gluten Free!	# 80425X	\$7.29
Frontier Cream of Tartar 1mg sod.	# 18334	\$6.95
Wayzata Bay Apple Pie Spice-Sodium Free	# W300	\$5.45
Wayzata Bay Pumpkin Pie Spice-Sodium Free	# W328	\$5.45
Ener-G Egg Replacer-5mg sodium per serving	# 12448	\$6.99
King Arthur White Bread Flour No Sodium	#X4105	\$6.59
Bernard E-Z Whip Trene 5mg sod.	# 43103	\$7.49
Baking Mixes		
Sweet 'N Low Mixes		
Choc Chip Cookie Mix-yields 36 cookies 30mg sodium per serving, 8 servings per box	# 02500	\$4.25
Chocolate Cake Mix 30 mg sodium	# 00200	\$4.25
Yellow Cake Mix 30 mg sodium	# 00801	\$4.25
White Cake Mix 30 mg sodium	# 00300	\$4.25
Lemon Cake Mix 30 mg sodium	# 00400	\$4.25
Banana Cake Mix 30 mg sodium	# 00500	\$4.25
Gingerbread Cake Mix- 30mg sodium per 1/5 cake Above mixes yield one 8 x 8 layer cake	# 00900	\$4.25
Chocolate Frosting Mix 50mg both Frost 4 layers per box	# 07000	\$4.25
White Frosting Mix 20mg sodium per 1/14 package	# 06000	\$4.25
Flaxseed Meal- Whole Ground- Bob's Red Mill 16 oz bag - 0 sodium	# 00330	\$4.75
Bernard Baking Mixes-Just add water!		
Cornbread Mix-16oz. can- makes a 9x13 pan 20 mg sodium per serving-12 servings per can	# 40063	\$8.95
Biscuit Mix-16 ounce can-makes about 12 biscuits 10mg serving per biscuit-12 biscuits per serving	# 40025	\$6.95
Butterscotch Brownie-16 ounce can- makes 9x13 pan 10 mg sod.	# 39003	\$8.95
Chocolate Brownie Mix-16 ounce can- makes 9x13 pan Above mixes contain 10mg sodium per brownie- 20 brownies per pan	# 39033	\$8.95
Oatmeal Cookie Mix-16 oz. can(makes 32 cookies) 10mg sodium per two cookies	# 53920	\$8.95
(new) Galil Whole Wheat Pizza Making Kit! 63mg Sodium	#28715	4.99
Bread		
EnerG Rice Starch Loaf of Bread, 0 sodium, 17.28 oz rice loaf	# 14574	\$5.79
Bob's Red Mill Gluten Free Bread Mix, 180 mg sod. per serv. 16 oz.	# X0454	\$5.75
King Arthur Flour for Bread Making, 0 sodium, 5 lb. bag	# X4105	\$6.59
Hodgson Mill Vital Wheat Gluten w/ Vitamin C, 0 sodium, 6 1/2 oz.	# X0810	\$3.59

Breakfast Cereals

Alpen Muesli Cereal-No Sugar Added 30 mg.	# 02572	\$5.45
Alpen Muesli Original Cereal (w/sugar)	# 02571	\$5.85
Both Alpen Cereals 30mg sodium Per 2/3 cup		
Amaranth Flakes-12 oz box 0mg per 1 cup	# 37492	\$5.75
Arrowhead Mills PuffedCorn- 5mg sodium per 1 cup	# 47430	\$2.75
Arrowhead Mills Puffed Rice- 0mg sodium	# 47429	\$2.25
Erewhon Crispy Brown Rice Cereal	# 01202	\$5.50
Bob's 10 Grain Hot Cereal-25 oz bag 5 mg sodium	# 00110	\$3.95
Bob's 7 Grain Hot Cereal 25 oz bag 0mg sodium	# 00107	\$3.95
Bob's Rolled Oats 16 oz bag 0mg sodium	# 00952	\$3.50
(New) New England Crispy Fruity Organic Cereal	#80025	\$5.49

Pancakes & Syrups!!!

Sweet & Low Pancake Mix-8oz box, 32 pancakes 20mg sodium per 1/5th box	# 00100	\$3.99
Streit's Low Sodium Potato Pancake Mix, 6 oz. box w/ 2 bags 140 mg sodium, makes 20 pancakes	# 61075	\$3.69
Sweet 'N Low Chocolate Flavored Syrup 5mg sod.	# X0018	\$5.99
Sweet N'Low Strawberry Flavored Syrup 5 mg sod.	# X0218	\$5.99
(New) Dark Agave Nectar, Low Glycemic Sweetener Sodium Free	#01025	\$5.99
(New) Mountiam Blueberry Topping! No Sodium	#01235	\$7.29

Rice, Side Dishes, and More!**Neera's Spice of Life Indian Rice Blends and Seasonings**

Explore the world with some of our favorite side dishes:

Biryani-spicy mix of rice 4 mg sod. 4 mg sodium per 1 cup serving-6 servings per box	# 09014	\$4.95
Shahi Pilau-basmati rice with nuts, raisins and spices 6mg sodium per 1 cup serving-4 servings per box	# 09013	\$4.95
Urad and Channa Dal-blend of dals (lentils) and rice 4mg sodium per 1 cup serving-7 servings per box	# 09011	\$5.30
Indian Dal with Chaunk-split lentils with spice 4mg sodium per 1 cup serving-5 servings per box	# 05012	\$5.30
Jamaican-Style Dirty Rice 5mg sodium per 1 cup serving- 6 servings per box	# 09010	\$4.95

Lundberg Organic Brown Rice dish, 1 serving, heat 90 seconds & eat:

Countrywild Brown Rice, 7.4 oz, 0 sodium	# 04531	\$3.29
Long Grain Brown Rice, 7.4 oz, 5 mg sodium	# 04537	\$3.29
Short Grain Brown Rice, 7.4 oz, 10 mg sodium	# 04533	\$3.29
DeBoles Rice and Cheese 100mg sod.	# 52892	\$3.25
Roads Penne and Cheese 340mg. Sod	# 73663	\$3.25

Slow Cooker Gourmet Meal Kits

Purely American - great tasting, easy to use mixes for the slow cooker

American Pioneer 21 Bean Soup Mix 20mg sodium per 10 oz. serving, 7 per box	# 00301	\$5.25
Sunday at Grandma's Pot Roast Stew Mix 20mg sodium per 15oz. serving, 7 per box	# 00302	\$5.25
Texas Panhandle Chuckwagon Chili Mix 15mg sodium per 14oz. serving, 8 per box	# 00304	\$5.25
Indiana Farmstand Chicken Corn Chowder Mix 25mg sodium per 14oz. serving, 7 per box	# 00307	\$5.25
Hudson River Valley Split Pea Soup Mix 10mg sodium per 15oz. serving, 7 per box	# 00303	\$5.25

New York Italian Deli Bean Soup Mix 15mg sodium per 16oz. serving, 7 per box	# 00306	\$5.25
Lewis and Clark Lentil & Sausage Stew Mix 5mg sodium per 16oz. serving, 7 per box	# 00308	\$5.25
Memphis Blues Pork Chop Dinner Mix 5mg sodium 13.25 oz. serving 7 per box	# 00309	\$5.25
Minnesota Lake Country Chicken and Wild rice Soup Mix 15mg sodium per 1 3/4 cup. Serving 8 per box	# 00310	\$5.25
Sante Fe Chipolte Southwest Bean Bake 180 mg sodium per 10 ounce serving about 7 servings	#00311	\$5.25
Farmstand Soups		
Five Pepper Medley Fireside Chili Mix 15 mg per serving	#X0604	\$5.95
Summer BBQ Corn and Chicken Stew Mix 5mg sodium per serving	#X0606	\$5.95
Yukon Gold Bean and Beef Stew Mix 35mg sodium per serving	#X0602	\$5.95
Chili Fixings		
Chili Mixes		
Southwest Specialty Ass Kickin' Soup Mixes		
Sodium counts are based on not using added low-sodium ingredients.		
Ass Kickin' Chili Fixins-1 lb of ingredients 75mg per cup-package makes 16 cups	# 11210	\$5.95
Whoopin' Chili Mix-Makes 1/2 gallon of easy chili 40mg sodium per 1/6 of package	# 11406	\$4.95
Green Chili & Corn Stew Mix 110mg sodium per serving-5 servings per box	# 11215	\$4.95
Chili Powder's- All Sodium Free		
Wayzata Bay Medium Chili Powder- 0 sodium	# W315	\$4.50
Wayzata Bay Hot Chili Powder- 0 sodium	# W316	\$4.50
Frontier Chili Powder- 0 sodium	# 18321	\$4.75
Williams Original Chili Seasoning , 0 Sodium mix w/ 2lb. meat.	# 01100	\$1.89
Williams Chicken Chili Seasoning 20mg sod.	# 01129	\$1.89
Mild Vegetarian Chili 15 oz can 65 mg sodium	# 24102	\$3.55
Case of Tame Chili-12 cans	# 24102	\$38.50
Taco's and fixing's		
Healthy Heart Market Taco/Chili Mix 30mg sodium per 1/2 packet - Seasons 1lb. ground meat	# 00048	\$2.95
Fiesta Salt Free Fajita Seasoning - 0 sodium	# 20018	\$3.89
Bearito's Taco Shells-12 shells per package 5mg sodium per 2 shells	# 11216	\$3.75
Tumaro's Gourmet Soy-ful Tortilla 65mg per tortilla	# 00498	\$4.75
Tumaro's Gourmet Tortillas Soy- 8 Grain And Soy 55mg Sod.	#00497	\$4.75
Frontera Guacamole Mix 35mg sod.	# 11056	\$3.95
Amy's Refried Beans , Vegetarian Organic, 190 mg- 1/2 cup	# 00589	\$3.15
LaVictoria Green Taco Sauce-Mild 140mg sod.	# X1125	\$2.99
Alberto's Relishes - All are 0mg sodium		
Sweet and Tangy Jalapeno Relish - Zero Heat- 0 sodium	# 93401	\$5.99
Sweet and Tangy Jalapeno Relish - Mild- 0 sodium	# 93406	\$5.99
Sweet and Tangy Jalapeno Relish - Medium- 0 sodium	# 93408	\$5.99
Sweet and Tangy Jalapeno Relish - Hot- 0 sodium	# 93412	\$5.99
Candied Jalapenos-0 sodium	# 93409	\$5.95
Zucchini Jalapeno Relish- 0 sodium	# 99311	\$6.85
(New) Cherry Delight Jalepeno Slices no sodium	# 93415	\$5.99

Sgt. Pepper's Texas Hot Sauce and Seasonings

All products have no added salt and are some of our customer favorites!

Chipotle Del Sol Spicy Southwest Seasoning- no salt	# 03000	\$4.25
Ancho Mama's Mild Southwest Seasoning- no salt	# 00203	\$4.25
Tropical Tears Mango Hot Sauce-no salt	# 01000	\$4.50
Tejas Tears Hot Sauce- no salt	# 02000	\$4.50
Sgt Peppers Assortment - 4 No Sodium Get 1 each of the 4 listed above!	# 04000	\$15.95
Tabasco Sauce 2 oz. bottle 35mg Sodium	#XXX01	\$2.79

Salsa and Tortilla chips**Tortilla Chips**

Bearito's Yellow Corn Tortilla Chips-16 ounce bag 5 mg sodium per 1 ounce serving	# 21126	\$4.50
Xochitl Thin & Crispy Stone-ground Corn Chips, 0 sodium, 16 oz.	# 54137	\$6.50
Guiltless Gourmet Unsalted Baked Yellow Corn Totilla Chips 26mg sod.	# XX002	\$4.50

Green Mountain Gringo

Hot Salsa 90mg sodium per 2Tbsp	# 53582	\$4.99
Mild Salsa 90mg sodium per 2Tbsp	# 53852	\$4.99

Diana's Salsa's

Three Bean Salsa 45mg sod.	# 00008	\$5.99
Black Bean and Sweet Corn Salsa-20mg per 2 T.	# 00005	\$5.99
Veggie Pinapple Salsa No Sodium	# X0010	\$5.99

Santa Barbara Roasted Garlic Salsa-40mg per 2T	# 41155	\$4.99
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Tomatillo Garlic Salsa-15mg per 2T	# 12313	\$5.75
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Enrico's Chunky Salsa Mild - 16 oz - 60mg per 2T	# 43122	\$4.75
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Enrico's Chunky Salsa Hot - 16 oz - 60mg per 2T	# 43124	\$4.75
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Frog Ranch Salsa- all come in a 16 oz. glass jar

Mild Salsa 40mg sodium per 2Tbsp	# 17701	\$4.25
Medium Salsa, 40 mg sodium per 2 Tbsp	# 17702	\$4.25
Hot Salsa, 40 mg sodium per 2 Tbsp	# 17703	\$4.25
Chipotle Salsa, 40 mg sodium per 2 Tbsp	# 17704	\$4.25

Frontier Pasta Salads, Soup Mixes, and Dip Mixes !!

Mediterranean Pasta Salad Mix - 16mg. Sodium	# 20002	\$6.50
Illinois Prairie Corn Chowder - 8mg Sodium.	# 00103	\$6.95
Wisconsin Lakeshore Wild Rice Soup - 7mg Sodium.	# 66694	\$6.50
Ohio Valley Vegetable Soup- 20mg sodium	# 00109	\$6.95
California Gold Rush White Bean Chili- 25mg sodium	# 00114	\$6.50
Oregon Lakes Wild Rice and Mushroom Soup 20mg Sodium	# 30139	\$6.50
Dakota Territory Beef Barley Bean Stew- 10mg of sod. Per serv.	#X0101	\$6.95
Florida Sunshine Red Pepper Corn Chowder	# 30137	\$5.95
Broccoli Cheddar Soup Mix - 8mg Sodium	# 30119	\$5.95
Minnesota Heartland Eleven Bean Soup	#XX107	\$6.50
Potato Leek Soup Mix - 25mg Sodium	# 30102	\$5.95
Chicken Noodle Soup Mix - No Sodium	# 30116	\$5.95
Colorado Campfire Chicken Stew- 10mg Sod.	#X0141	\$6.50
Wyoming Fireside Beef Goulash 5mg per serv.	#30142	\$5.95
South of the Border Tortilla Soup Mix - 10mg Sodium.	# 30120	\$6.50
Party Starter Taco Dip Mix - No Sodium	# 50060	\$3.39
Roasted Garlic Spinach Dip Mix - No Sodium	# 50200	\$5.95
Horseradish Shrimp Dip Mix - No Sodium	# 50100	\$3.39
Curried Cheddar Chutney Dip Mix - No Sodium	# 50090	\$3.39

Healthy Heart Market Dip Mixes (Our Own Brand!):

Toasted Onion - 10mg Sodium	# 00043	\$2.95
Garden Party "Spicy" Dip Mix - 50 mg Sodium	# 00044	\$2.95
Mexican Cheese Ball Mix - 30 mg Sodium	# 00045	\$2.95
Garlic & More - 15 mg Sodium	# 00046	\$2.95
Spinach & Herb Mix - 70 mg Sodium	# 00047	\$2.95
Try all 5 Healthy Heart Market Dip Mixes! Save & Enjoy!	# 00049	\$13.95

Canned Meat and Fish

Natural Sea Pink Salmon-Wild Premium Alaskan 60mg. sodium per 1/4 cup serving-3.5 servings per can	# 00305	\$3.99
Hormel NSA Breast of Chicken 70 mg sodium per 2oz	# 16901	\$3.99
Crown Prince Kipper Snacks- 70mg sodium per 3.25 oz can	# 00802	\$2.95
Crown Prince NSA Tongol Tuna, 35 mg sodium per 1/4 cup	# 00847	\$3.50
Crown Prince NSA Albacore Tuna, 30mg sodium per 1/4 cup	# X0825	\$3.50
Crown Prince Pink Salmon, no salt added - 50 mg per serving	# X0896	\$4.29
Seasons Sardines Skinless and Boneless 50mg sod.	# X2206	\$3.50
Seasons Brand Sardines in Water 80mg sod.	# X2229	\$2.99
Natural Sea Solid White Albacore Tuna 30mg sod.	# X0776	\$3.50
(New) Tree of Life Tongol Tuna 70 mg Sodium	# 33169	\$2.49
(New) Season Brand Kipper Snacks 70mg Sodium	#02485	\$2.75

Simply Served Pureed Meats

Pureed Turkey with Turkey Broth 65mg sod.	# X8143	\$7.49
Pureed Pork With Pork Broth- 40mg sod.	# X8123	\$9.49
Pureed Beef With Beef Broth 35mg sod.	# X8023	\$9.49
Pureed Chicken With Chicken broth 55mg sod.	# X8043	\$7.49

Healthy Heart Market Mixes

Taco/Chili Mix - 30mg per 1/2 packet (mix w/ 1lb meat)	# 00048	\$2.95
Meat Loaf Mix - 15 mg sodium per packet	# 00050	\$2.95
Stir-Fry Mix-25mg sodium per packet	# 00051	\$2.95
Turkey Loaf Mix- 35mg sodium per packet	# 00052	\$2.95

Breading Mixes**Fry Krisp Mixes-5mg sodium per 1/4 cup serving-each box is 8 ounces**

Batter Mix-onion rings, batter fried shrimp 5 mg sod.	# 12301	\$3.25
Coating Mix-like shake and bake 5 mg sod.	# 12306	\$3.25
4C Seasoned Bread Crumbs	# 11118	\$3.95
15 oz. container-5mg sodium per serving Louisiana Fish Fry 5mg sod.	# X0029	\$5.99

Condiments

Heinz Ketchup made w/ AlsoSalt- a salt substitute-14.25 oz. 0mg sodium per Tbsp.-contains potassium chloride	# 13153	\$3.95
Case of Heinz Ketchup Made with AlsoSalt	# 13153c	\$47.40
Hunts Tomato ketchup-No Salt Added No Sodium	# 38207	\$3.29
Case of Hunts No Salt Added Tomato Ketchup	#38207c	\$36.19
Organic Mayonnaise 85mg Sod.	# X0291	\$5.99
Spectrum Eggless Vegan Light Canola Mayo 65mg Sod.	# 20216	\$5.65
Nathans Deli Style mustard in a jar- 40 mg sodium per 1 tsp	# 99420	\$2.50
Nathans Deli Style Mustard 16 oz. 40mg sod.	# 99421	\$3.50
Westbrae Natural Stoneground Mustard, 0 sod - 8oz	# 86870	\$3.45

	Item #	Price
East Shore Mustards		
Sweet and Tangy - 1.4oz jar-0mg sodium	# X3101	\$1.69
Sweet and Tangy - 5 oz jar-0mg sodium	# X3105	\$3.99
Sweet and Tangy - 10 oz jar-0mg sodium	# 03110	\$5.95
Coarse with Dill - 10 oz jar-0mg sodium	# 03310	\$5.95
Garlic and Pepper - 5 oz jar-0mg sodium	# 03605	\$3.99
Chipolte with Jalepeno Dipping Mustard 5oz. Jar	# X3505	\$3.99
Key Lime With Ginger Mustard 5oz. Jar NO SODIUM	# X3405	\$3.99
Mild With Tarragon- 5 oz. No Sodium	#03205	\$3.99
Herlocher's Dipping Mustard - 8 oz. jar-sodium free	# 24615	\$3.75
Herlocher's Dipping Mustard - 14.5 oz. jar-sodium free	# X0135	\$5.50
Slightly spicy, slightly sweet, this is good stuff		
Woodstock Farms Yellow Mustard 55 mg sodium/ 2tsp	# 00767	\$2.95
Ojai Cook Latin Lemonaise w/Chiles, Limes & Cumin	# 99004	\$4.99
Peanut Butter and Almond Butter		
Peanut Butter- 0mg sodium- only contains peanuts!		
Arrowhead Mills Creamy Peanut Butter-16 oz. jar- no sodium	# 47042	\$5.99
Arrowhead Mills Crunchy Peanut Butter-26 oz. jar- no sodium	# 47024	\$8.19
Eastwind Crunchy Almond Butter No Sodium	# 54284	\$10.49
Cheese		
Bernard Cheese Sauce Base		
95mg sodium per 1/4 cup serving-64 servings per can	# 30808	\$16.95
Mix 3 heaping Tbsp. with one cup milk for 4 servings. Use over vegetables!		
4C Grated Parmesan Cheese - 8oz 70 mg per serving	# 61190	\$6.49
Snacks		
Healthy Heart Market Organic Microwave Popcorn- 2 oz. packages-sodium free		
Single pack-sodium free	# 50550	\$1.19
3 packages-sodium free	# 50550-3	\$3.25
6 packages-sodium free	# 50550-6	\$6.35
12 packages-sodium free	# 50550-12	\$12.25
(New) 48 Packages-Sodium Free	# 50550-48	\$48.00
Kernal Seasons Popcorn Seasoning's-3 ounce container		
Apple Cinnamon-0mg sod. Per 1/4 tsp	# 11900	\$3.95
Chocolate Marshmallow-1mg sod per 1/4 tsp.	# 11677	\$3.95
Barbecue-5mg sodium per 1/4 tsp	# 11899	\$3.95
Caramel - 0mg sod. Per 1/4 tsp	# 11995	\$3.95
Kettle Corn - 0mg sodium per 1/4 tsp	# 11975	\$3.95
(New) Kernal Seasons 5 Pack!!!!: Includes All 5 Flavors We Sell!!!!	# 11996	\$15.80
Spray Oil		
Spectrum Canola Spray Oil (Butter Flavor) - No Sodium, 6 oz can	# 32403	\$6.99
Perfect to spray on popcorn for butter flavor or help seasoning stick		
Glutino Gluten Free Unsalted Pretzel Twist	# 04020	\$4.99
120 mg sodium per 24 pretzel serving. 7.5 servings per bag.		
Newmans Organic pretzel rounds	# 57645	\$3.45
105mg sodium per 8 pretzels-try them with Herlochers Dipping mustard		
Barbara's Cheese puffs	# 00062	\$3.39
160mg sodium per 1 oz. serving		

Granola Snacks

Udi's Granola - Natural Artisan Granola. You will enjoy this delicious snack!

(New)	AU Naturel No Sodium	# 80610	\$5.95
	Vanilla & Almonds - 13oz bag - No Sodium	# 80611	\$5.95
	Cranberry & Walnuts - 13oz bag - No Sodium	# 80608	\$5.95
	Hawaiian Granola - 13oz. bag - No Sodium	# 80609	\$5.95
	Original Natural Artisan Granola - 13oz bag - No Sodium	# 80607	\$5.95
	Barbara's Crunchy Peanut Butter Granola Bars - 55mg Sodium	# 41370	\$5.99
(New)	Barbara's Oats and Honey Granola Bars 60 mg sodium per serving	# 41367	\$5.99
(New)	Naturals Chocolate Omega Granola Bars- NO SODIUM	#06006	\$5.69
(New)	Naturals Organic Maple Nut Granola Bars- 5 mg Sodium	#06007	\$5.69
(New)	Naturals Organic Antioxidant Granola Bars- NO SODIUM	#06005	\$5.69
	Galaxy Granola- Cranberry Orange No Sodium	# 56789	\$6.99

Wonder Bar

	Hazel-Date Fruit & Nut Bar - 30 mg per serving	# X0008	\$1.75
	Pumpkin Seeds-Sesame-Raisin - 35 mg per serving	# X0002	\$1.75
	Almond-Protein - 30 mg per serving	# X0005	\$1.75

Cookies

	Jennie's Macaroon Coconut Cookie, GlutenFree, 20 mg sod., 2 oz	# X0214	\$1.29
	The Orginal Almondina Biscuit- 8.9mg sodium	# 00010	\$3.49
	Almondina Chocolate Cherry Cookie 17.3mg Sod.	# 22325	\$3.49
(New)	Antonina's Almond Florentines- 10 mg sodium	#00228	\$6.49
(New)	Antonina's Almond Florentines With Dark Chocolate- 10 mg sodium	#00227	\$6.49
(New)	Antonina's Hazelnut Florentine with Dark Chocolate	#00230	\$6.49

Potato Chips

	Season's no salt added reduced fat Potato Chips-8.5 oz. bag 10mg sodium and only 6.7 grams fat per ounce serving	# 54002	\$4.50
	Kettle Chips- 0mg sodium per serving	# 00999	\$2.95
	Dirty Potato Chips- Salt Free, 5 1/2 oz. bag, 0 mg sodium	# 05002	\$3.09
	Terra Hickory Barbeque Chips 6.5oz bag 5 mg sodium	# 01337	\$4.99
	Terra Sweet Potato Chips 10mg Sod.	# 34566	\$4.50
	Terra Lemon Pepper Potato Chips 5mg Sod.	# 01331	\$4.99
	Old London Pita Chips 180mg Sodium - Lightly Salted	# 80001	\$3.49

Crackers

	Breton reduced sodium crackers-8 ounce box 55mg sodium per 3 crackers	# 67060	\$4.49
	Edwards Brown Rice Snaps-Plain- no sodium	# 00041	\$4.49
	Edwards Brown Rice Snaps-Sesame Sodium free rice crackers-3.5 ounce package	# 00036	\$4.49
	Tam Tam Unsalted Crackers 10mg sod.	# X0043	\$4.49
	Unsalted Matzo's-11oz box-Saltine like cracker- 0mg sod	# 50002	\$3.95
(New)	Exotic Rice Toast - Purple Rice & Black Sesame	#X0062	\$2.99
(New)	Exotic Rice Toast - Thai Red Rice & Flaxseeds	#00063	\$2.99
(New)	Whole Grain Melba Toast- 5 oz box- 0mg sod.	# 29054	\$3.69
(New)	Whole Grain Melba Toast Case of 12	# 29054c	\$40.59
	Ryvita Light Whole Grain Rye Crispbread 20mg sodium per 1 slice- 25 servings in container	# 00510	\$2.99
	Hol-Grain Crackers Brown Rice-45 mg	# 02405	\$4.75
	Mothers Whole Grain Rice Cakes, 0 mg sodium	# 16802	\$2.95
(New)	Lunberg Brown Rice Cakes Omg Sodium	# X0021	\$3.49

Paskesz

(New)	Ultra Thin Rice Cake Minis Salt Free no sodium	# X1520	\$3.69
(New)	Multigrain Squares Salt-Free No Sodium	#X1530	\$2.99
(New)	Rice Cake Squares Salt Free No Sodium	#X1500	\$2.99
(New)	Spelt Squares Salt Free No Sodium	#X1538	\$3.29
(New)	Paskesz 100% Whole Wheat Squares, 0 mg sodium, 5.5 oz	# X1510	\$2.99

Chocolate and other Candies!!!!**EverythingRaw Bars - "Made from the best raw foods on the planet" All .7 oz size bar**

	EverythingRaw Yoga Bar - sodium free	# X0112	\$1.29
	EverythingRaw Decadence Dark Chocolate - sodium free	# X0106	\$1.29
	EverythingRaw Indigo Nights Fudge Bar - sodium free	# X0109	\$1.29
	EverythingRaw I AM STRONG Nutrition Energy - 10 mg sodium	# X0115	\$1.29

Queen Bee Gardens.....Yummy Honey and Praline Candies

(New)	Pecan Pearl Honey Pralines- 65 mg of sodium	#X2002	\$3.19
(New)	Carmel Kisses Honey Pralines- 75mg sodium	#12202	\$3.19
(New)	Cinna Honey Pralines 75mg Sodium	#12402	\$3.19
(New)	The Mint Honey Pralines-75mg Sodium	#12758	\$3.19
(New)	Almond Coconut Honey Pralines- 65mg Sodium	#X2002	\$3.19
(New)	Ginger Candy - 100% Natural No Sodium	#04015	\$3.49

Peanuts, Cashews, Sunflower seeds

(New)	Essential Living Foods Jungle Peanuts 5mg per serving	#01032	\$5.99
(New)	Galil Roasted Sunflower Seeds no sodium	#11401	\$3.99
(New)	Regal Gourmet Whole Roasted Cashews 4mg sodium per serving	#00147	\$7.99
	Regal Roasted Sunflower Seeds, no salt added, 2.75 oz	# X5062	\$1.59

Dried Fruits and Veggies- Great No Sodium on the go snack!

(New)	Just Raspberries Single Serve PK	#11602	\$1.79
(New)	Just Fruit Salad Single Serve PK	#44000	\$1.69
(New)	Just Veggies Single Serve PK	#10701	\$1.69
(New)	Just HOT Veggies Single Serve PK	#12001	\$1.69
(New)	Just Soy Nuts (Organic) 8oz. Bag No Sodium	#11304	\$2.99
(New)	Just Peas 2 oz. Tub	#10901	\$4.49
(New)	Just HOT Veggies 2 oz. Tub	#12002	\$4.49
(New)	Just Veggies 2 oz. Tub	#10702	\$4.49
(New)	Just Corn 2 oz. Tub	#11001	\$4.49

	Brothers Asian Pear Crisps	# 00085	\$1.35
	Brothers Banana Crisps	# XX043	\$1.35
	Brothers Peach Crisps	# 00029	\$1.35
	Brothers Strawberry Crisps	# X0040	\$1.35
	Fuji Apple Crisps	# X0048	\$1.35
	Strawberry Banana Crisps	# X0049	\$1.35
	Brothers Pineapple Crisps	# X0041	\$1.35

Fruit Spreads and Chutney**Cranberry Sauce - Both sodium free and fantastic**

	Gloria's Depoe Bay Cranberry Chutney-10 oz jar-sodium free	# 12954	\$6.50
	Gloria's Coos Bay Cranberry Sauce-10 oz jar-sodium free	# 12953	\$5.99
	Gloria's Sunnyside Tart Cherry No Sodium	# 12952	\$6.50
	Bionature Organic Raspberry fruit Spread No Sodium	# 22230	\$4.99
(new)	Alberto's Raspberry Jalepeno Jelly- No Sodium	# 93413	\$5.99
(new)	Bainbridge Strawberry Rhubarb Preserve	#00033	\$6.29
(new)	Alberto's Peach Jalepeno Jam No Sodium	#93414	\$5.99

Vegetables

Giorgio Mushrooms NSA- 4 ounce can	# 00144	\$1.39
25mg sodium per 1/2 cup serving- 2 servings per can		
Case of 12 Cans Mushroom	#00144c	\$15.29
John Cope's Toasted Dried Sweet Corn		
0mg sodium per 1/4 cup serving	# 00175	\$4.45
Sugary Sam Sweet Potatoes- no added salt		
50mg sodium per 2/3 cup serving	# 70532	\$3.39
Butter Kernal Cut Green Beans 10 mg sod.	# 49278	\$1.29
Butter Kernal Whole Kernal Corn 10mg sod.	# 47549	\$1.29
Case of 12 Cans Butter Kernel Corn	# 47549c	\$11.99

Sauces and BBQ

Lum Taylor BBQ Sauce - A must have! 18 oz. bottle	# 16135	\$4.49
15mg sodium per 1 ounce serving-No Salt Great Taste		
Monty Smiths Barbeque Sauce- Delicious! 18 oz. bottle	# 20381	\$4.95
10 mg sodium per 2 Tbsp serving		
Mr. Spice Sauces- 10.5 oz. glass bottle		
These fantastic sauces are all -sodium free!		
Tangy Bang Hot Sauce-sodium free	# 00020	\$5.25
Honey Barbeque Sauce-sodium free	# 00021	\$5.25
Garlic Steak Sauce-sodium free	# 00022	\$5.25
Thai Peanut Sauce-sodium free	# 00023	\$5.25
Ginger Stir Fry Sauce-sodium free	# 00024	\$5.25
Honey Mustard Sauce-sodium free	# 00025	\$5.25
Sweet and Sour Sauce-sodium free	# 00026	\$5.25
Hot Wing Sauce-sodium free	# 00027	\$5.25
Indian Curry Sauce-sodium free	# 00028	\$5.25

Stonehouse 27- Cooking Sauces

Tamarind and Garlic- Cooking Sauce MILD- 40 mg sodium	#X0200	\$5.99
Cashews and Cream- Cooking Sauce MILD- 30 mg Sodium	#00204	\$5.99
Tomato and Chilies- Cooking Sauce MEDIUM- No Sodium	#00201	\$5.99
Cilantro And Coconut- Cooking Sauce MILD- 25 mg Sodium	#00202	\$5.99
Dates and Tamarind- Cooking Sauce HOT N SWEET- 10mg sodium	#X0203	\$5.99
Cashews and Cream- Cooking Sauce HOT- 30mg sodium	#00205	\$5.99

Bernards Sauce and Bases

Large serving containers, but use amount as needed.

Barbeque Sauce Mix 5mg sod.	# 30802	\$14.99
Spaghetti Sauce Mix 140mg sod	# 30812	\$14.95
Tex-Mex Salsa Seasoning Mix 85mg Sod.	# X7053	\$12.95
Beef Flavor Base 10mg Sod.	# X8025	\$12.95
Chicken Flavor Base 10mg Sod	# X8085	\$12.95
Bernard Brown Gravy Mix 20mg Sod.	#X0523	\$5.39
Chicken Flavor Gravy Mix 20mg Sod.	# X0543	\$5.39

Diana's Grilling & Marinating Sauces

Lime Wasabi - Great for Chicken or Fish	# 40504	\$5.50
5mg sodium per 2 tbsp, 12 oz bottle		
Ginger People Sauces-12.7 ounce bottles		
Sweet Ginger Chili Dipping and Cooking Sauce	# 90127	\$5.95
sodium free-great all around sauce to spice up your meals		
Ginger Wasabi Creamy Dipping Sauce 115mg Sod.	# 90125	\$5.95

Garlic Survival Company Marinades-14 ounce bottles		
Garlic Lemon Marinade 5mg sodium per Tbsp	# 12450	\$5.95
Roasted Garlic Marinade 0 sodium	# 12430	\$5.95
Pasta Sauce		
Pasta Sauces		
(New) Hunts Tomato Sauce 8oz Can No Salt Added 20 mg per ser.	#39007	\$2.79
Rinaldi No Salt Added Pasta Sauce-26 ounce jar 25mg sodium per 1/2 cup serving	# 81615	\$3.99
Enrico No Salt Added Pasta Sauce-26 ounce jar 25mg sodium per 3.5 ounce serving	# 43210	\$5.99
(New) Enrico's Traditional Pasta Sauce, 35 mg sodium per 1/2 c. serving 26 oz. jar, Fat Free	# 43231	\$5.99
Fanny's Meat Sauce for Italian Pasta- 16oz jar 80 mg per 1/2 cup serving - Tons of meat!	# 16121	\$7.99
(New) Eden Organic Pasta Sauce 25oz jar 10mg sodium pers serving	#00115	\$5.79
Walnut Acres Organic Tomato and Basil Pasta Sauce 20mg Sodium	#10521	\$5.99
(New) Westbrae Organic Whole Wheat Lasagna 10mg per serving	#03318	\$3.99
Organic Spaghetti- Whole Wheat Gourmet Pasta Made with milled fax seed, 12 oz., 0 sodium	# 71518	\$3.99
Sauces and Marinades		
Annie Shun's Shiitake Soy Ginger Sauce- 180mg sod./ 1tbs	# 52693	\$5.95
Eden Hot Pepper Toasted Sesame Oil - No sodium 5oz bottle	# 24124	\$8.79
Angostura Worcestershire Sauce, 20 mg per 2tsp	# 00600	\$3.50
Angostura Teriyaki Sauce 350 mg per tbsp	# 00705	\$3.50
Angostura Soy Sauce 390 mg per tbsp	# 00700	\$3.75
Case of 12 Bottles	# 00700c	\$41.25
Liquid Smoke Hickory- 16 oz. bottle-10mg sod /serv.	# 71053	\$5.50
Liquid Smoke Hickory- 4 oz. bottle-10mg sod /serv.	# 00001	\$2.25
Liquid Smoke Pecan- 4 oz. bottle-0mg sodium.	# 71054	\$2.25
Liquid Smoke Mesquite- 4 oz. bottle-0mg sodium.	# 00777	\$2.25
Rice Road Sweet & Sour with Peanuts - 8 oz-35mg/ 1T	# 20708	\$2.95
Adolph's Tenderizing Meat Marinade- 0 sod.-1oz packet	# 08655	\$2.29
Salad Dressings		
Drew's All Natural Salad Dressing-12oz bottle		
Roasted Garlic and Peppercorn Dressing & Marinade 69mg sodium per 1 Tbsp	# 37394	\$4.45
Rosmary Balsamic Dressing & Marinade 74mg sodium per 1 Tbsp	# 37398	\$4.45
Buttermilk Ranch Dressing 120mg sodium per 1 Tbsp	# 37416	\$4.45
Poppyseed Dressing 100mg sodium per 1 Tbsp	# 37419	\$4.45
Smoked Tomato Dressing & Marinade 69mg sodium per 1 Tbsp	# 37392	\$4.45
Greek Olive & Caper Dressing & Marinade 65mg sodium per 1 Tbsp	# 37395	\$4.45
Shitake Ginger Dressing & 10 Minute Marinade 70mg sodium per 1 Tbsp 10 mg per 2 Tbsp	# 37413	\$4.45
Matsos Greek Dressing 10mg sodium per 2 Tbsp, 150 calories, 16 oz. glass bottle	# X0001	\$4.99
Maple Farms Ginger Pear Dressing 40mg sod.	# 00797	\$4.85
Farmer Boy Restaurant Lite Greek Dressing	# XX029	\$5.50

	Item #	Price
Case of 12 Bottles Farmer Boy	# XX029c	\$60.50
Gloria's Dressings, and Vinaigrettes, No Sodium !		
Gloria's Raspberry Poppy Seed Vinaigrette	# 12123	\$6.95
Gloria's Raspberry Poppy Seed Dressing	# 12124	\$6.95
Gloria's Marionberry Poppyseed Dressing	# 12122	\$6.95
Gloria's Huckleberry Poppyseed Dressing	# 12121	\$6.95
Gloria's Cranberry Poppyseed Vinaigrette	# 12120	\$6.95
Gloria's Caribbean Sunshine Dressing	# 12126	\$6.75
Braswell's Creamy Vidalia Onion Dressing-12oz 95 mg sodium per 2Tbsp	# 64179	\$4.50
Nu-Salt Salt Substitute - no sodium.		
Use in cooking, baking & for table use like salt. Contains Potassium Chloride.	# 48223	\$3.49
LO Salt Reduced Sodium 170mg sod. Contains Potassium Chloride	# 70034	\$4.29
(New) Orignal NoSalt Sodium Free Salt Alternative Contains Potassium Chloride	#36003	\$7.99
AlsoSalt- Sodium Free Salt Substitute. Try Them All !! Contians Potassium Chloride		
Original Flavor no sodium	# 00001	\$4.99
Garlic Flavor no sodium	# 00003	\$4.99
Butter Flavor no sodium	# 00002	\$4.99
(New) AlsoSalt Original 50 Individual Packets no Sodium	# 00004	\$3.49
(New) Jones Organic Mock Salt- NO SODIUM	#16616	\$5.95
Mrs. Dash Seasonings and 10 Minute Marinades		
Seasonings - All Have No Sodium		
Original Blend Seasoning	# 24083	\$3.75
Chicken Grilling Sesoning Blend-sodium free	# 24253	\$3.50
Extra Spicy Seasoning -sodium free	# 24103	\$3.50
Galic Herb Blend Seasoning-sodium free	# 24883	\$3.50
Hamburger Seasoning-sodium free	# 24943	\$3.50
Italian Medley Seasoning Blend-sodium free	# 24493	\$3.50
Lemon Pepper Seasoning Blend-sodium free	# 24613	\$3.50
Onion & Herb Seasoning Blend-sodium free	# 24093	\$3.50
Steak Grilling Seasoning Blend-sodium free	# 24193	\$3.50
Table Blend Seasoning-sodium free	# 24993	\$3.50
Tomato Basil Garlic Seasoning Blend-sodium free	# 24663	\$3.50
Fiesta Lime Seasoning Blend-sodium free	# 60533	\$3.50
Caribbean Citrus Seasoning Blend	# 60534	\$3.50
Southwest Chipotle Seasoning Blend-sodium free	# 24223	\$3.50
10 Minute Marinades - All Have No Sodium		
Spicy Teriyaki 10 Minute Marinade- sodium free	# 60516	\$3.95
Zesty Garlic Herb 10 Minute Marinade-sodium free	# 60511	\$3.95
Lemon Herb Peppercorn 10 Minute Marinade-sodium free	# 60512	\$3.95
Mesquite Grille 10 Minute Marinade-sodium free	# 60513	\$3.95
Southwestern Chipotle 10 Minute Marinade-sodium free	# 60514	\$3.95
Garlic Lime 10 Minute Marinade-sodium free	# 60515	\$3.95
Fortners Seasoning Blends - All Salt Free! (No Sodium!)		
Fortners #1	# 00091	\$4.15
Used instead of salt on cooked or raw foods.-sodium free		
Fortners #37	# 00037	\$3.95
Use for poultry, pork and vegetable dishes.-sodium free		
Fortners #55	# 00055	\$3.95
Great with steak, beef, chicken or pork.-sodium free		
Fortners #75	# 00075	\$3.95
Use with hamburger, meatloaf, beef stews & casseroles-sodium free		
Fortners #89	# 00089	\$3.95

Complements fish, salads and egg, seafood and pasta dishes -sodium free

Fortners 4 pack: Includes #37, #55, #75 & #89.	# 00090	\$14.80
(New) Fortners 5 pack: Includes #1, #37, #55,#75,#89.	# 00092	\$18.45

Wayzata Bay Spice Company

These are some of the best seasonings you will ever try. Quality does make a difference!

Seasoning Blends and Spices

Adobo Seasoning- no salt	# W362	\$5.45
Arizona Pepper- no salt	# W304	\$5.45
Cardiac Cajun - no salt	# W367	\$5.45
Chili Powder-Hot- no salt	# W316	\$5.45
Chili Powder-Med- no salt	# W315	\$5.45
Chinese 5-spice Seasoning- no salt	# W313	\$5.45
Citrus Pepper- no salt	# W372	\$5.45
Gone Fishing Seafood Seasoning- no salt	# W359	\$5.45
Quatre-Espices (French 4 Spice)- no salt	# W342	\$5.45
Jay's Garden Blend- no salt	# W355	\$5.45
Garlic Pepper- no salt	# W341	\$5.45
Herbes de Provence- no salt	# W343	\$5.45
Italian Seasoning- no salt	# W324	\$5.45
Key West Lime Pepper- no salt	# W344	\$5.45
Pig Out Pork Seasoning- no salt	# W375	\$5.45
Tommy's Blend Grilling Seasoning- no salt	# W354	\$5.45
Tuscan Seasoning- a bold and spicy Italian seasoning- no salt	# W377	\$5.45
Bell Pepper Flakes-mixed- no salt	# W006	\$5.45
Orange Peel- no salt	# W054	\$5.45
Shallots-Air-Dried- no salt	# W278	\$4.50
Hungarian Paprika- no salt	# W172	\$5.45
Rosemary-Cracked	# W099	\$4.50
Garlic-Domestic Granulated	# W035	\$5.45
Parsley	# W097	\$4.50
Bay Leaves	# W081	\$4.50
Peppercorns-Black Tellicherry Whole	# W061	\$4.50

Frontier Salt Free Seasoning Blends-Great All Natural Selections

All Purpose Seasoning-sodium free	# 18903	\$4.75
Blackened Creole Blend-sodium free	# 18918	\$4.75
Bombay Veggie Blend-sodium free	# 18916	\$4.75
Chilli powder-sodium free	# 18321	\$4.75
Citrus n' Herb-sodium free	# 18995	\$4.75
Cream of Tartar	# 18334	\$6.95
Garlic Bread Seasoning-sodium free	# 18993	\$4.75
Garlic n Herbs seasoning-sodium free	# 18908	\$4.75
Italian Seasoning-sodium free	# 18907	\$4.75
Lemon Pepper-sodium free	# 18909	\$4.75
Mexican Seasoning-sodium free	# 18905	\$4.75
Simply Organic Pasta Sprinkle-Sodium free	# 18911	\$4.75
Pizza Seasoning-sodium free	# 18906	\$4.75
Salad Sprinkle-sodium free	# 18901	\$4.75
Organic Seafood seasoning- sodium free	# 18990	\$4.95
Taco Seasoning-sodium free	# 18921	\$4.75
Organic Thai Seasoning Blend-sodium free	# 18988	\$4.95

Chef Paul's Magic and other Misc. Seasonings

Magic Seasoning Blend-My favorite all purpose blend.	# 13010	\$5.49
Herbal Pizza and Pasta Magic- no salt added	# 02365	\$4.25
Hot and Sweet Pizza and Pasta Magic-no salt added	# 02370	\$4.25
Tony Chachere's Salt Free Seasoning	# X0100	\$4.49
Cavender's All purpose Greek seasoning sodium free	# 74350	\$4.99
Fiesta Salt Free Fajita Seasoning	# 20018	\$3.89
All Purpose Spike Gourmet Natural Seasoning 2mg sod.	# X0007	\$3.29
Vegit Spike Natural Seasoning, 15mg sod. per serv., 2.0 oz	# X7582	\$3.29
(New) Jones Organic Mock Salt- NO SODIUM	#16616	\$5.95

Broth, Stocks, Bouillon

Stocks		
Herb-Ox Beef Granulated Bouillon	# 36363	\$4.49
Sodium Free- 3.3 oz. Glass Jar, has potassium chloride		
Herb-Ox Chicken Granulated Bouillon	# 36343	\$4.49
Sodium Free- 3.3 oz. Glass Jar, has potassium chloride		
Herb-Ox Chicken Flavor Bouillon Instant Broth	# 02325	\$7.95
0mg sodium per packet-50 packets per container		
Contains potassium chloride-1 packet per 8 oz. water		
Herb-Ox Beef Flavor Bouillon Instant Broth	# 02315	\$7.95
5mg sodium per packet-50 packets per container		
Contains potassium chloride-1 packet per 8 oz. water		
Bernard Beef Flavor Base 10mg Sodium per serving	#X8025	\$12.95
Bernard Chicken Flavor Base- 10mg sodium per ser.	#X8085	\$12.95
Rapunzel Vegetable Bouillon 130mg per 1/2 cube (1cup)	# 07300	\$3.95
(New) Kitchen Basics Unsalted Beef Flavor Stock 180mg Sod.	# 34513	\$4.25
(New) Kitchen Basics Chicken Broth 150mg sod.	# 34503	\$4.25
(New) Wyler's Sodium free Instant Chicken Bouillon	# 75156	\$4.49

Canned Broth

Health Valley NSA Chicken Broth-14.25 oz. can	# 22111	\$2.95
Case of 12 cans	# 22111c	\$32.45
130mg sodium per 1 cup serving-2 servings per can		
Health Valley Fat Free Beef Broth-14.25 oz. can	# 22110	\$2.95
case of 12 cans	# 22110c	\$32.45
120mg sodium per serving-2 servings per can		
Campbell's Chicken Broth Soup 140mg sod	# 00684	\$2.19
Case of 12 cans Campbell's chicken Broth	# 00684c	\$24.09

Soup's, Canned, and Mixes**Campbell's Low Sodium Canned Soups**

Campbell's Chicken Noodle-10.75 oz can 140 mg per can	# 00618	\$2.95
Case of 12 cans	# 00618c	\$32.45
Campbell's Cream of Mushroom-10.5 oz can 60mg per can	# 00660	\$2.55
Case of 12 cans	# 00660c	\$28.05

Health Valley No Salt Added Organic Canned Soups

Vegetable Soup-15 oz can 70mg sodium per 1/2 can	# 22101	\$3.55
Case of 12 cans	# 22101c	\$39.05
Lentil Soup-15 ounce can 45mg sodium per 1/2 can	# 22102	\$3.55
Case of 12 cans	# 22102c	\$39.05
Minestrone Soup-15 oz can 70mg sodium per 1/2 can	# 22103	\$3.55
Case of 12 cans	# 22103c	\$39.05
Split Pea Soup-15 ounce can 45mg sodium per 1/2 can	# 22104	\$3.55
Case of 12 cans	# 22104c	\$39.05

Tomato Soup-15 ounce can 70mg sodium per 1/2 can	# 22106	\$3.55
Case of 12 cans	# 22106c	\$39.05
Black Bean Soup -15 oz can 70 mg per 1/2 can	# 22105	\$3.55
Case of 12 cans	# 22105c	\$39.05
Potato Leek Soup-15 oz can 80mg sodium per 1/2 can	# 22107	\$3.55
Case of 12 cans	# 22107c	\$39.05
Organic Mushroom Barley Soup- 15 oz can 60mg per 1/2 can	# 22108	\$3.55
Case of 12 cans	# 22108c	\$42.60
Chicken Noodle-15 oz can 135 mg sodium per 1/2 can	# 22235	\$3.55
Case of 12 cans	# 22235	\$42.06
(New) Health Valley Rice Primavera Soup No Salt Added	#22237	\$3.55
(New) Bob's Red Mill Vegi Soup Mix	#X0250	\$5.75
(New) Bob's Red Mill 13 Bean Soup Mix	#X0251	\$5.75
(New) Streit's Matzo Ball Soup Mix 140mg per ser	#50049	\$2.99
Goodman's Onion Soup Mix 115mg Sod. - Box Cantains 2 Envelopes	# X0470	\$2.99
Canned Tomatoes		
(New) Hunt's Stewed Tomatoes- No Salt Added	#37907	\$2.79
Eden Crushed Tomatoes-28 ounce can	# 01111	\$3.99
0mg sodium per 1/4 cup serving		
Eden Diced Tomatoes-14 ounce can	# 01130	\$2.89
5mg sodium per 1/2 cup serving-4 servings per can		
Eden Diced Tomatoes case of 12 cans	# 01130c	\$31.79
Eden Diced Tomatoes with Green Chillies	# 01135	\$2.95
14 ounce can 35 mg sodium		
Eden Diced Tomatoes with Sweet Basil 5 mg sodium	# 01131	\$2.89
Eden Diced Tomatoes with Roasted Onion	# 01133	\$2.89
35mg sodium per 1/2 cup serving- 4 servings per can		
Muir Glen Tomato Puree- 28 ounce can	# 28103	\$3.50
30mg sodium per 1/4 cup serving		
(New) Muir Glen Fire Roasted Diced Tomatos	# 26926	\$2.89
Muir Glen Organic Premium No Salt Added Diced Tomatoes	# 28561	\$2.89
Muir Glen Tomato Sauce-15 ounce can	# 28571	\$2.45
30mg sodium per 1/4 cup serving-7 servings per can		
Muir Glen Tomato Sauce case of 12 cans	# 28571c	\$26.95
Muir Glen Tomato Paste-6 ounce can	# 38171	\$1.49
20mg sodium per 2 Tbsp. serving-5 servings per can		
Muir Glen Tomato Paste case of 12 cans	# 38171c	\$17.49
Canned Beans		
Eden Canned Beans-15 ounce cans- 4 servings per can		
**Order 12 cans of beans (excludes Cajun Rice and Beans & Baked Beans) and pay for 11!		
Eden Great Northern Beans -45mg sod per 1/2 cup	# 00087	\$2.49
Eden Small Red Beans-25mg per 1/2 cup serving	# 00257	\$2.49
Garbonzo Beans 10mg sodium per 1/2 cup serving	# 00251	\$2.49
Kidney Beans - 15mg sodium per 1/2 cup serving	# 00254	\$2.49
Navy Beans - 15mg sodium per 1/2 cup serving	# 00255	\$2.49
Cannellini White Kidney Beans - 40mg sod. per 1/2 cup	# 00256	\$2.49
Pinto Beans - 15mg sodium per 1/2 cup	# 00250	\$2.49
Black Beans - 15mg sodium per 1/2 cup	# 00253	\$2.49
Aduki Beans - 10mg sodium per 1/2 cup	# 00252	\$2.49
Eden Organic Rice & Kidney Beans	# 00222	\$2.65
135mg per 1/2 cup serving-3.5 servings per can		

Eden Organic Rice & Pinto Beans 140mg per 1/2 cup serving-3.5 servings per can	# 00224	\$2.65
Eden Cajun Small Red Beans and Rice 115mg per 1/2 cup serving-3.5 servings per can	# 00226	\$2.65
Case of 12 Eden Cajun and Small Red Beans & Rice	# 00226c	\$29.15
Eden Organic Black Eyed Peas 25mg per 1/2 cup serving-3.5 servings per can	# 00259	\$2.45
Eden Baked Beans-15 ounce cans 130mg sodium per 1/2 cup serving -4 servings per can	# 00285	\$3.50
Eden Baked Beans-Case of 12 cans	# 00285c	\$38.50
Kuner's Canned Beans - 15oz cans- No Salt Added, low sodium is naturally occurring		
(New) Kuner's Dark Red Kidney Beans- 10 mg sodium per 1/2 c.serving	# 13510	\$1.99
(New) Kuner's Pinto Beans- 10 mg sodium per 1/2 c. serving	# 13710	\$1.99
(New) Kuner's Chili Beans in Chili Sauce- 15mg sodium per 1/2 c. serving	# 13310	\$1.99
(New) Kuner's Black Beans- 10mg sodium per 1/2 c. serving	# 13613	\$1.99
(New) Kuner's Garbanzo Beans- 10mg sodium per 1/2 c. serving	# 13818	\$1.99
(New) Amy's Refried Beans- 190mg Sodium	#00589	\$3.15
Relish, Pickles, Olives, and Pickled Tomatoes		
Lindsey Low Sodium Black Olives 40 mg per 5 olives 6oz can	# 21405	\$3.50
Santa Barbara Medium Green Olives 115mg sodium per 5 olives	# 84013	\$4.29
Tony Packo's Bread & Butter Pickles 70mg sodium per ounce	# 13001	\$4.95
Tony Packo's Sweet Hot Brittany Tomatoes 80mg Sod.	# 10601	\$6.50
Frog Ranch Peppered Pickles 200mg sodium per ounce	# 27635	\$4.69
(New) Healthy Heart Market Crunchy NO SODIUM Dill Pickles	#55309	\$7.00
B&G Unsalted Sweet Relish, 10oz jar-sodium free	# 00540	\$3.49
Case of 12 jars	# 00540c	\$38.39
Cookbooks		
(New) AMA Hypertention Cookbook Recipes By Karen Levin	#22443	\$19.95
(New) 500 Low Sodium Recipes By Dick Logue Lose The Salt Not the Flavor In Meals The Whole Family Will Love	#32779	\$19.95
(New) Healthy Cooking For People Who Don't Have Time To Cook	#36349	\$24.95
(New) Healthy Homestyle Cooking	#62122	\$25.95
(New) The Healthy Cook	#52795	\$24.95
(New) The No Salt Lowest Sodium Living Well Without Salt Cook Book By: Donald and Maureen Gazzaniga	#71273	\$25.95
Beverages		
Bernard Ber-No-Lac Lactos- Free Beverage Mix - 20mg Sodium Per Serving	# X0023	\$8.49
(New) Thai Kitchen Coconut Milk 20 mg sodium per ser.	# X1150	\$3.99
(New) Very Veggie Juice 32oz 35mg per serving	#10383	\$4.50
Bernard Calcium and Vitamin Enriched Beverage Mix		
(New) Fruit Punch Flavored - 12 Single Serves Per Pack	# 52023	\$1.99
(New) Lemonade Flavored - 12 Single Serves Per Pack	# 52043	\$1.99
(New) Orange Flavored - 12 Single Serves Per Pack	# 52063	\$1.99

Merchandise

1 Day Pill Container	# 30513	\$2.49
7 Day Pill Box	# 30560	\$2.99
7 Day Pill Box in Blue	# 30560B	\$2.99
7 Day Pill Box in Yellow	# 30560Y	\$2.99
7 Day Pill Box in White	# 30560W	\$2.99
7 Day Pill Box in Orange	# 30560R	\$2.99

JarPop - Easiest Jar Opener

#70712 \$4.99

Supplements

Kyolic- Total Heart Health- Formula 108	#10841	\$11.58
Kyolic- Healthy Heart Formula 106	#10641	\$11.65
Kyolic May Reduce the Risk of Heart Disease	#10741	\$12.50

Healthy Heart Market Merchandise

Healthy Heart Market Coffee Mug Red coffee mug with white logo and company website	# M0001	\$5.95
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Who We Are...



Our Facility in Big Lake, Minnesota...



About us...

All of our products are shipped from our facility in Big Lake, MN as shown in the photo's above. We are licensed by the State of Minnesota with a Food Handler permit and we undergo on-site inspections, so you can be assured proper handling of your food.

With the help of the internet, we are able to reach customers in need of low and no sodium foods all around the world. We believe in keeping customer service our highest

Ownership History...

In 1998, Healthy Heart Market was founded by Pete Eiden. As a patient of congestive heart failure, Pete struggled with finding foods low in sodium that fit his restricted diet. That was when the concept of Healthy Heart Market blossomed to give others with a salt restrictive diet an easy way to find foods that could be eaten every day!

In 2003, Healthy Heart Market was purchased by Mike & Michelle Majerus. The business was moved from Pete's residence to a business location in Rogers, MN where food storage and shipping was simplified. This allowed for quicker delivery times to our customers and the space to store, and offer over 400 products.

In March 2009, Healthy Heart Market was purchased by Lisa & Greg McComas. Healthy Heart Market continues to be a family run business. We are excited about continuing the tradition of offering a wide variety of low sodium and no sodium foods. We are constantly on the look out for new products. We value each customer and want you to be satisfied with your shopping experience. If we can be of assistance in anyway don't hesitate to contact us.

HEALTHY HEART MARKET

ORDERING INFORMATION



Need to get in touch with Healthy Heart Market?

Web site and on-line store: www.healthyheartmarket.com
(the best place to order-see the most up to date and complete product information)

To order toll free 1-888-685-5988 or in the Minneapolis area 763-262-2020

Fax: 1-763-262-2022

E-Mail to orders@healthyheartmarket.com

Address: PO Box 747
Big Lake, MN 55309

For a printed catalog: 1-888-685-5988

Where Do We Ship?

Healthy Heart Market ships to addresses in the United States and throughout the world. The shipping charges published on the order form are for shipping Fedex Home Delivery or Fedex Smartpost within the continental United States only. Smartpost is a partnership between Fedex and the U.S. Postal Service. Fedex picks up the package from the Healthy Heart Market and delivers it to a Post Office near you, then the U.S. Postal Service delivers it to your address. Requests for shipments other than through Fedex will be charged a \$3.00 handling fee plus actual shipping charges. For shipments to Alaska, Hawaii, the U.S. Virgin Islands, APO, FPO, and Puerto Rico, actual shipping charges plus a \$3.00 handling fee will be billed to the customer. We have found that sending the order via US mail is the best way to ship to these areas.

For international orders, actual shipping charges through the Postal Service plus a \$3.00 handling fee will be billed, and you may also need to pay duty fees when the package is delivered. The Postal Service is more expensive up front, but seems to have better service and less fees at times.

Shipments outside the United States:

- 1) You will be charged the actual cost of shipping plus a \$3.00 handling fee.
- 2) You are responsible for all duties, taxes and fees charged and calculated by your Government. We cannot refund for refused orders. Any brokerage fees are also your responsibility.
- 3) Any damage to your order after it clears customs is at your risk. We cannot be responsible for the way the orders are repacked by customs.

We are currently shipping on **Mondays, Wednesdays, and Fridays**, but if you have an urgent need, please don't hesitate to call. Any other questions, please e-mail or call!

Spread the word about Healthy Heart Market

Tell your doctors, support groups, dietitians and friends about Healthy Heart Market. We are happy to supply them with information. If you'd like a stack of catalog request cards to give them, so they can hand to others in need, please let us know. We will send them to you. Thanks!

