

Best Thing Since...

Best Bites (✓✓) have no more than 240 milligrams of sodium. **Honorable Mentions** (✓) have up to 300 mg. The grains in both are all (or almost all) whole. Grain-free Best Bites and Honorable Mentions contain no refined starches like tapioca. We disqualified anything made with sucralose. Products are ranked from least to most sodium, then least to most calories. Our numbers may not match what's on some packages due to regional variations or the number of pieces per serving.

	Calories	Sodium (mg)
English Muffins (1 muffin)		
✓✓ Food for Life Organic Genesis 1:29 (2.7 oz.)	180	140
✓✓ Food for Life Organic 7-Sprouted Grains (2.7 oz.)	160	160
Thomas' Light MultiGrain (2 oz.) ^{N,S}	100	170
✓✓ Food for Life Organic Ezekiel 4:9—Cinnamon Raisin, Flax, or Sprouted Grain (2.7 oz.) ¹	170	170
Thomas' Honey Wheat (2 oz.) ^{N,S}	130	180
Thomas' 100% Whole Wheat (2 oz.) ^S	120	230
✓ 365 (Whole Foods) Whole Wheat (2.5 oz.)	120	270
Dave's Killer Bread Organic Killer Classic (2.2 oz.) ^N	140	330
Bagels (1 bagel)		
✓✓ Pepperidge Farm Whole Grain Mini Bagels (1.4 oz.)	100	120
Thomas' Everything Bagel Thins (1.6 oz.) ^N	110	190
Thomas' 100% Whole Wheat (3.4 oz.)	250	350
Dave's Killer Bread Organic Epic Everything (3.4 oz.) ^N	260	350
Dave's Killer Bread Organic Boomin' Berry (3.4 oz.) ^N	260	380
Dave's Killer Bread Organic Cinnamon Raisin Remix (3.4 oz.) ^N	270	400
Udi's Gluten Free Whole Grain (2.8 oz.) ^N	240	410
Dave's Killer Bread Organic Plain Awesome (3.4 oz.) ^N	260	410
Buns & Thins (1 bun or thin)		
Fiber One 100% Whole Wheat Thin (1.5 oz.) ^S	90	160
✓✓ Food for Life Organic Ezekiel 4:9 Sprouted—Burger, Hot Dog, or Sesame Burger (2.7 oz.) ¹	180	160
✓✓ Nature's Own 100% Whole Wheat Hot Dog (1.6 oz.)	110	170
✓✓ Ozery Whole Wheat OneBun (1.4 oz.)	100	180
✓✓ Nature's Own 100% Whole Wheat Hamburger (1.9 oz.)	130	190
✓✓ Pepperidge Farm 100% Whole Wheat Hamburger (1.8 oz.)	130	210
✓✓ 365 (Whole Foods) Whole Wheat—Hamburger or Hot Dog (1.9 oz.) ¹	120	220
✓✓ 365 (Whole Foods) Organic Whole Wheat Hamburger (2 oz.)	120	240
✓✓ Angelic Bakehouse 7 Sprouted Whole Grains Slider (1.5 oz.)	120	240
✓ 365 (Whole Foods) Organic Whole Wheat Hot Dog (2 oz.)	130	250
Dave's Killer Bread Organic 21 Whole Grains and Seeds Burger (2.2 oz.) ^N	160	280
✓ Angelic Bakehouse 7 Sprouted Whole Grains—Burger or Hot Dog (2 oz.)	140	290
Arnold, Brownberry, or Oroweat Honey Wheat Sandwich Thins (2 oz.) ^N	150	290
✓ Arnold, Brownberry, or Oroweat 100% Whole Wheat Sandwich Thins (2 oz.)	140	300
Arnold, Brownberry, or Oroweat Multigrain Sandwich Thins (2 oz.) ^N	150	300
✓ Arnold Flax & Fiber Sandwich Thins (2 oz.)	150	300
Arnold, Brownberry, or Oroweat 100% Whole Wheat Hot Dog (2 oz.)	150	330
Pitas & Naans (1 pita or naan)		
✓ 365 (Whole Foods) Organic Whole Wheat Pita Pockets (2.3 oz.)	160	250
✓ Toufayan Whole Wheat Pita (2 oz.)	160	260
Stonefire Ancient Grain Mini Naan (1.8 oz.) ^N	150	350
365 (Whole Foods) Whole Wheat Tandoori Naan (3 oz.) ^N	270	470
Stonefire Whole Grain Naan (4.4 oz.) ^N	380	800
Corn Tortillas (1 tortilla)		
✓✓ La Tortilla Factory Organic Yellow Corn (1.1 oz.)	60	0
✓✓ Maria and Ricardo's White Corn (0.9 oz.)	60	5
✓✓ Food for Life Organic Authentic Sprouted Corn (0.8 oz.)	60	55
✓✓ Maria and Ricardo's Soft Yellow Corn & Wheat (1.4 oz.)	100	95
Flour Tortillas & Wraps (1 tortilla or wrap)		
✓✓ Food for Life Ezekiel 4:9 Sprouted Grain Tortillas, taco (1 oz.)	70	60
✓✓ Maria and Ricardo's Organic Sprouted Grain Tortillas (1.3 oz.)	110	90
✓✓ Angelic Bakehouse Reduced Sodium 7-Grain Wraps (1.5 oz.)	100	115
✓✓ Food for Life Ezekiel 4:9 Sprouted Grain Tortillas (2 oz.)	140	125
✓✓ Maria and Ricardo's Whole Wheat Plus Tortillas (1 oz.)	45	130
✓✓ La Tortilla Factory Low Carb Whole Wheat—Organic, Original Size, or Quinoa + Flax (1.3–1.5 oz.) ¹	60	200
✓✓ La Tortilla Factory Wraps—MultiGrain or Whole Wheat (1.4 oz.) ¹	60	200
✓✓ Fiber One Honey Wheat Wraps (1.5 oz.)	80	220
✓✓ La Tortilla Factory Light Whole Wheat Tortillas (1.4 oz.)	80	230
✓✓ La Tortilla Factory Sprouted Organic Wheat Tortillas (1.3 oz.)	100	240
Maria and Ricardo's Quinoa Flour Tortillas (1.5 oz.) ^N	100	250
✓ Maria and Ricardo's Organic Whole Wheat Tortillas (1.5 oz.)	130	250
Fiber One Garden Vegetable Wraps (1.5 oz.) ^N	80	260
✓ 365 (Whole Foods) Organic Whole Wheat Tortillas (1.8 oz.)	130	260
✓ Angelic Bakehouse 7-Grain Wraps (1.5 oz.)	100	270
✓ Angelic Bakehouse Garden Wraps—Spring Kale Spinach, Turmeric Sweet Potato, or Vibrant Beet (1.5 oz.) ¹	100	270
✓ La Tortilla Factory Whole Wheat Tortillas, soft taco (1.6 oz.)	120	270
Mission Whole Wheat Soft Taco Tortillas (1.6 oz.)	110	380
Mission Whole Wheat Fajita Tortillas (1 oz.)	140	490
Mission Garden Spinach Herb Wraps (2.5 oz.) ^N	220	540
Grain-Free (1 tortilla, wrap, or thin, unless noted)		
✓✓ Trader Joe's Jicama Wraps (2 wraps, 1.3 oz.)	15	0
365 (Whole Foods) Cassava Flour Tortillas (0.9 oz.) ^N	80	40
✓✓ Egglife Rye Style Egg White Wraps (1 oz.)	30	115
✓✓ Egglife Original Egg White Wraps (1 oz.)	25	120
✓✓ Outer Aisle PlantPower Sandwich Thins—Italian, Jalapeño, or Original (1 thin, 1.1 oz.)	50	130
✓✓ Egglife Italian Style Egg White Wraps (1 oz.)	30	150
✓✓ Egglife Southwest Style Egg White Wraps (1 oz.)	30	170
✓✓ Outer Aisle PlantPower Everything Sandwich Thins (1 thin, 1.1 oz.)	60	240
Outer Aisle PlantPower Pizza Crusts & Wraps—Italian or Jalapeño (2.5 oz.)	120	310

✓✓ Best Bite. ✓ Honorable Mention. ^NContains refined starches or non-trivial amounts of grains that aren't whole. ^SContains sucralose. ¹ Average of the varieties listed.

Daily Sodium Limit: 2,300 milligrams.

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