

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Ft Lauderdale Store, Florida Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about soy foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

### Beverages

#### Odwalla

Future Shakes - Al'mondo  
Super Protein Juice

### Bread

#### Alvarado Street Bakery

California Style Protein Bread

#### French Meadow Bakery

Organic Woman's Bread

### Canned Goods

#### Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

### Canned Goods (Cont'd)

#### Eden Foods

Organic Black Soy Beans

### Cereal

#### 365 Organic Every Day Value™

High Fiber Cereal  
Oat & Honey Granola  
Raisin Granola

### Condiments

#### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing  
Caesar (Fresh) Dressing

#### Frontier Cooperative Herbs

Bac'uns

## Condiments (Cont'd)

### San-J

Organic Shoyu

### San-J

Black Label Tamari  
Low Sodium Tamari  
Shoyu

## Cookies and Snack Bars

### 365 Every Day Value™

Apple Cereal Bars  
Blueberry Cereal Bars  
Mixed Berry Cereal Bars  
Strawberry Cereal Bars

## Crackers

### 365 Every Day Value™

Saltine Crackers  
Unsalted Tops Saltines

## Dairy

### Stonyfield Farm

Organic O'Soy Strawberry/Peach Yogurt, 6-pack

### White Wave

Black Cherry Soy Yogurt  
Blueberry Soy Yogurt  
Peach Soy Yogurt  
Plain Soy Yogurt  
Soy Strawberry Yogurt

### Whole Soy

Plain Soy Yogurt

## Dairy Alternatives

### Soya Kaas

Soy Cream Cheese  
Soy Monterey Jack

### Stonyfield Farm

Organic O'Soy Blueberry Yogurt, 6 oz  
Organic O'Soy Chocolate Yogurt, 6 oz  
Organic O'Soy Raspberry Yogurt, 6 oz

## Dairy Alternatives (Cont'd)

### Stonyfield Farm

Organic O'Soy Vanilla Yogurt, 6 oz  
Organic O'Soy Strawberry Yogurt, 6 oz

### White Wave

Non Dairy Vanilla Soy Beverage  
Soy Creamer  
Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Ethnic Foods

### Edward & Sons

Miso-Cup, Savory Seaweed

### Organicville

Organic Island Teriyaki

## Frozen Foods

### 365 Organic Every Day Value

Cheese Tortellini

### 365 Organic Every Day Value™

Cheese Ravioli  
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Alvarado Street Bakery

California Style Protein Bread

### Amy's

Macaroni & Soy Cheese  
Organic Chicago Veggie Burger  
Organic Veggie Pot Pie with Whole Wheat Crust  
Vegetable Lasagna with Tofu

### Boca

Original Chik 'n Pattie

### Cedar Lane

Low Fat Bean, Rice and Cheese Burrito

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Mexican Gardenburger  
Veggie Burger Pattie

## Frozen Foods (Cont'd)

### Health Is Wealth

- Broccoli Tofu Munchees
- Jalapeno Munchees
- Meatless Buffalo Wings
- Pizza Munchees

### Kashi

- Blueberry Waffles
- Original Waffles

### Seapoint Farms

- Ready to Eat Edamame

### Whole Catch™

- Maryland Style Mini Crab Cakes

### Whole Kitchen™

- Mini Quiche Appetizers, Trio Assortment

## Meat Alternatives

### Boca

- Original Chik'n Pattie

### Nate's

- Italian Meatless Meatballs

### Westbrae

- Organic High Protein Soybeans

### Yves

- Bologna Deli Slices
- Fat Free Veggie Dog
- Salami Veggie Slice
- The Good Dog
- Veggie Ham Slices
- Veggie Turkey Slices

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### 365 Organic Every Day Value™

- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Pasta (Cont'd)

### Amy's

- Vegetable Lasagna with Tofu

## Produce

### 365 Organic Every Day Value™

- Blue Cheese (Fresh) Dressing
- Caesar (Fresh) Dressing

### Seapoint Farms

- Ready to Eat Edamame

## Sauces, Salsas and Dips

### Eden Foods

- Ponzu Sauce

### Organicville

- Organic Island Teriyaki

## Seafood

### Whole Catch™

- Maryland Style Mini Crab Cakes

## Soups

### Edward & Sons

- Miso-Cup, Savory Seaweed