

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Winter Park 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.

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™

Caesar (Fresh) Dressing

San-J

Organic Shoyu
Teriyaki Sauce

Condiments (Cont'd)

San-J

- Black Label Tamari
- Low Sodium Tamari
- Shoyu
- Sweet and Sour Sauce

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
- Plain Soy Yogurt
- Soy Strawberry Yogurt

Whole Soy

- Plain Soy Yogurt

Dairy Alternatives

Soya Kaas

- Soy Jalapeno Cheese
- Soy Monterey Jack
- Soy Mozzarella Style

Stonyfield Farm

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

Dairy Alternatives (Cont'd)

Stonyfield Farm

- 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

San-J

- Sweet and Sour Sauce

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

Gardenburger

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

Frozen Foods (Cont'd)

Health Is Wealth

Broccoli Tofu Munchees
Meatless Buffalo Wings
Pizza Munchees

Kashi

Blueberry Waffles
Original Waffles

Jams and Nut Butters

Im Health

Crunchy Soy Nut Butter

Meat Alternatives

Boca

Original Chik'n Pattie

Lightlife

Jumbo Smart Dogs

Tofurky

Peppered Deli Slices

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™

Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Organicville

Organic Island Teriyaki

Soups

Edward & Sons

Miso-Cup, Savory Seaweed