

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Bethesda Store, Mid-Atlantic 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

### Canned Goods

#### Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

### Cereal

#### 365 Organic Every Day Value™

High Fiber Cereal  
Oat & Honey Granola  
Raisin Granola

### Condiments

#### Annie Chun's

Teriyaki Stir Fry Sauce

#### Frontier Cooperative Herbs

Bac'uns

#### San-J

Organic Shoyu  
Teriyaki Sauce

#### 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

## Cookies and Snack Bars (Cont'd)

### 365 Every Day Value™

Mixed Berry Cereal Bars  
Strawberry Cereal Bars

### Whole Treat™

Chocolate Caramel Dulce de Leche Cookies

## 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 Monterey Jack  
Soy Mozzarella Style

### Stonyfield Farm

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

### 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

### 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

### Health Is Wealth

Broccoli Tofu Munchees  
Jalapeno Munchees  
Meatless Buffalo Wings  
Pizza Munchees

### Kashi

Blueberry Waffles  
Original Waffles

### Whole Catch™

Maryland Style Mini Crab Cakes

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## **Jams and Nut Butters**

### **Im Health**

Crunchy Soy Nut Butter

## **Meat Alternatives**

### **Boca**

Original Chik'n Pattie

### **Lightlife**

Jumbo Smart Dogs

### **Nate's**

Italian Meatless Meatballs

### **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

### **Amy's**

Vegetable Lasagna with Tofu

## **Seafood**

### **Whole Catch™**

Maryland Style Mini Crab Cakes