

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Fair Lakes 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

### Cookies and Snack Bars

#### 365 Every Day Value™

- Apple Cereal Bars
- Blueberry Cereal Bars
- Mixed Berry Cereal Bars

## Cookies and Snack Bars (Cont'd)

### 365 Every Day Value™

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

## Dairy Alternatives

### 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

### Edward & Sons

Red Miso Cup

## Ethnic Foods (Cont'd)

### 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

### 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

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  
Veggie Ham Slices  
Veggie Turkey Slices

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder  
Vanilla Soy Protein Powder Packets

## **Pasta**

### **365 Organic Every Day Value™**

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### **Amy's**

Vegetable Lasagna with Tofu

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki

## **Seafood**

### **Whole Catch™**

Maryland Style Mini Crab Cakes

## **Soups**

### **Edward & Sons**

Red Miso Cup