

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Jenkintown 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

### 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

#### Annie Chun's

Teriyaki Stir Fry Sauce

#### San-J

Organic Shoyu  
Teriyaki Sauce

## Condiments (Cont'd)

### 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

### 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

## Dairy Alternatives (Cont'd)

### White Wave

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

## Ethnic Foods

### Edward & Sons

- Red Miso Cup

### 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

### Boca

- Original Chik´n Pattie

### Cedar Lane

- Low Fat Bean, Rice and Cheese Burrito

### Gardenburger

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

### Health Is Wealth

- Meatless Buffalo Wings

### Kashi

- Blueberry Waffles
- Original Waffles

## Frozen Foods (Cont'd)

### Whole Catch™

Maryland Style Mini Crab Cakes

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## Meat Alternatives

### Boca

Original Chik'n Pattie

### Lightlife

Jumbo Smart Dogs

### Miso

Traditional Red Miso

### 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™

Chocolate Soy Protein Powder

Vanilla Soy Protein Powder

Vanilla Soy Protein Powder Packets

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki

## Seafood

### Whole Catch™

Maryland Style Mini Crab Cakes

## Soups

### Edward & Sons

Red Miso Cup