

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Silver Spring 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.

Beverages

Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

Bread

Alvarado Street Bakery

- California Style Protein Bread

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

Condiments (Cont'd)

San-J

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
Peach Soy Yogurt
Plain Soy Yogurt
Soy Strawberry Yogurt

Whole Soy

Plain Soy Yogurt

Dairy Alternatives

Soya Kaas

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

Dairy Alternatives (Cont'd)

White Wave

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

Ethnic Foods

Edward & Sons

Miso-Cup, Savory Seaweed
Red Miso Cup

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

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

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

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™

- 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

Amy's

- Vegetable Lasagna with Tofu

Produce

Seapoint Farms

- Ready to Eat Edamame

Seafood

Whole Catch™

- Maryland Style Mini Crab Cakes

Soups

Edward & Sons

- Miso-Cup, Savory Seaweed
- Red Miso Cup