

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



New Lincoln Park Store, Midwest 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

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™

- Blue Cheese (Fresh) Dressing
- Caesar (Fresh) Dressing

Annie Chun's

- Teriyaki Stir Fry Sauce

Frontier Cooperative Herbs

- Bac'uns

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
- Peach Soy Yogurt
- Plain Soy Yogurt
- Soy Strawberry Yogurt

Dairy Alternatives

Soya Kaas

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

Stonyfield Farm

- Organic O'Soy Vanilla Yogurt, 6 oz

White Wave

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

Dairy Alternatives (Cont'd)

White Wave

- Soy Hazelnut Creamer

Ethnic Foods

Edward & Sons

- Miso-Cup, Savory Seaweed
- Red Miso Cup

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

Cedar Lane

- Low Fat Bean, Rice and Cheese Burrito

Gardenburger

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

Health Is Wealth

- Broccoli Tofu Munchees
- Meatless Buffalo Wings
- Pizza Munchees

Frozen Foods (Cont'd)

Kashi

Blueberry 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 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™

Blue Cheese (Fresh) Dressing
Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Eden Foods

Ponzu Sauce

Organicville

Organic Island Teriyaki

Seafood

Whole Catch™

Maryland Style Mini Crab Cakes

Soups

Edward & Sons

Miso-Cup, Savory Seaweed
Red Miso Cup