

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Yorkville 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](mailto:WFMSpecialDiets@wholefoods.com).

### Condiments

#### 365 Organic Every Day Value™

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

#### San-J

- Organic Shoyu
- Teriyaki Sauce

#### San-J

- Shoyu

### Crackers

#### 365 Every Day Value™

- Saltine Crackers
- Unsalted Tops Saltines

### Crackers (Cont'd)

#### 365 Organic Every Day Value™

- Cracked Pepper Water Crackers
- Water Crackers

### Frozen Foods

#### Seapoint Farms

- Ready to Eat Edamame

#### Whole Kitchen™

- Mini Quiche Appetizers, Trio Assortment

### Meat Alternatives

#### Yves

- Veggie Breakfast Links

## **Produce**

### **365 Organic Every Day Value™**

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

### **Seapoint Farms**

Ready to Eat Edamame