

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bellingham Store, North 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.

Baking Needs

Bob's Red Mill

Soy Flour

Beverages

Odwalla

Future Shakes - Al'mondo
Super Protein Juice

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

San-J

Organic Shoyu
Teriyaki Sauce

San-J

Black Label Tamari
Low Sodium Tamari

Condiments (Cont'd)

San-J

- 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

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

Soya Kaas

- Soy Cream Cheese
- Soy Monterey Jack
- 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

Dairy Alternatives (Cont'd)

Stonyfield Farm

- 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

- 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/ Ricotta

Amy's

- Macaroni & Soy Cheese
- Organic Chicago Veggie Burger
- Organic Veggie Pot Pie with Whole Wheat Crust
- Vegetable Lasagna with Tofu

Gardenburger

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

Health Is Wealth

- Mexican Tofu Munchees

Frozen Foods (Cont'd)

Kashi

- Blueberry Waffles
- Original Waffles

Whole Catch™

- Maryland Style Mini Crab Cakes

Jams and Nut Butters

Im Health

- Chunky Soy Nut Butter with Honey
- Creamy Soy Nut Butter with Chocolate
- Crunchy Soy Nut Butter

Meat Alternatives

Lightlife

- Jumbo Smart Dogs

Miso

- Traditional Red Miso

Nate's

- Italian Meatless Meatballs

Yves

- Bologna Deli Slices
- 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

365 Organic Every Day Value™

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

Sauces, Salsas and Dips

Organicville

- Organic Island Teriyaki

Seafood

Whole Catch™

- Maryland Style Mini Crab Cakes

Soups

Edward & Sons

- Miso-Cup, Savory Seaweed
- Red Miso Cup