

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Fresh Pond 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](mailto: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

#### 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

### Whole Soy

- Plain Soy Yogurt

## Dairy Alternatives

### Soya Kaas

- Soy Cream Cheese
- Soy Cream Cheese Garlic Herb
- Soy Monterey Jack

### Stonyfield Farm

- Organic O'Soy Blueberry Yogurt, 6 oz
- Organic O'Soy Chocolate Yogurt, 6 oz
- Organic O'Soy Peach Yogurt, 6 oz

## Dairy Alternatives (Cont'd)

### Stonyfield Farm

- Organic O'Soy Raspberry Yogurt, 6 oz
- Organic O'Soy Vanilla Yogurt, 6 oz
- 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

### 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

## Frozen Foods (Cont'd)

### Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Broccoli Tofu Munchees

Jalapeno Munchees

Meatless Buffalo Wings

Mexican Tofu Munchees

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

Chunky Soy Nut Butter with Honey

Crunchy Soy Nut Butter

## Meat Alternatives

### Boca

Original Chik'n Pattie

### Lightlife

Jumbo Smart Dogs

### Miso

Traditional Red Miso

### Nate's

Italian Meatless Meatballs

### Tofurky

Peppered Deli Slices

### Yves

Bologna Deli Slices

Chick'n Veggie Burger

Fat Free Veggie Dog

Salami Veggie Slice

## Meat Alternatives (Cont'd)

### Yves

The Good Dog

Veggie Ham Slices

Veggie Turkey Slices

## Nutritional Supplements

### Whole Foods Market™

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

### Seapoint Farms

Ready to Eat Edamame

## Sauces, Salsas and Dips

### Eden Foods

Ponzu Sauce

## Seafood

### Whole Catch™

Maryland Style Mini Crab Cakes

## Soups

### Edward & Sons

Miso-Cup, Savory Seaweed

Red Miso Cup