

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## River Street 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

### Cereal

#### 365 Organic Every Day Value™

- High Fiber Cereal
- Oat & Honey Granola
- Raisin Granola

### Condiments

#### Annie Chun's

- Teriyaki Stir Fry Sauce

#### San-J

- Organic Shoyu
- Teriyaki Sauce

#### 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

### **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**

Blueberry Soy Yogurt  
Peach Soy Yogurt  
Plain Soy Yogurt  
Soy Strawberry Yogurt

## **Dairy Alternatives**

### **Soya Kaas**

Soy Cream Cheese  
Soy Cream Cheese Garlic Herb  
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 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

### **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  
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

### **Health Is Wealth**

Jalapeno Munchees

### **Kashi**

Blueberry Waffles  
Original Waffles

### **Seapoint Farms**

Ready to Eat Edamame

### **Whole Catch™**

Maryland Style Mini Crab Cakes

## **Frozen Foods (Cont'd)**

### **Whole Kitchen™**

Mini Quiche Appetizers, Trio Assortment

## **Jams and Nut Butters**

### **Im Health**

Creamy Soy Nut Butter with Chocolate

## **Meat Alternatives**

### **Boca**

Original Chik'n Pattie

### **Lightlife**

Jumbo Smart Dogs

### **Tofurky**

Peppered Deli Slices

### **Westbrae**

Organic High Protein Soybeans

### **Yves**

Chick'n Veggie Burger

Fat Free Veggie Dog

Salami Veggie Slice

The Good Dog

Veggie Ham Slices

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

### **Amy's**

Vegetable Lasagna with Tofu

## **Produce**

### **Seapoint Farms**

Ready to Eat Edamame

## **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