

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Symphony 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.

Beverages

Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

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

365 Organic Every Day Value™

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

Annie Chun's

- Teriyaki Stir Fry Sauce

San-J

- Organic Shoyu

San-J

- Black Label Tamari
- Low Sodium Tamari
- Sweet and Sour Sauce

Cookies and Snack Bars

365 Every Day Value™

- Apple Cereal Bars
- Blueberry Cereal Bars
- Mixed Berry Cereal Bars

Cookies and Snack Bars (Cont'd)

365 Every Day Value™

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

Soy Strawberry Yogurt

Whole Soy

Plain Soy 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 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

Amy's

Macaroni & Soy Cheese

Vegetable Lasagna with Tofu

Boca

Original Chik'n Pattie

Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Health Is Wealth

Jalapeno Munchees

Pizza Munchees

Kashi

Blueberry Waffles

Whole Catch™

Maryland Style Mini Crab Cakes

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

Meat Alternatives (Cont'd)

Nate's

Italian Meatless Meatballs

Tofurky

Peppered Deli Slices

Westbrae

Organic High Protein Soybeans

Yves

Bologna Deli Slices

Chick'n Veggie Burger

Fat Free Veggie Dog

Salami Veggie Slice

Veggie Ham Slices

Nutritional Supplements

Whole Foods Market™

Chocolate Soy Protein Powder

Vanilla Soy Protein Powder

Pasta

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