

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Wellesley 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

### 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

#### San-J

- Organic Shoyu

#### 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

## Cookies and Snack Bars (Cont'd)

### 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  
Plain Soy Yogurt  
Soy Strawberry Yogurt

## Dairy Alternatives

### Soya Kaas

Soy Cream Cheese Garlic Herb  
Soy Monterey Jack  
Soy Mozzarella Style

### 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

Soy Creamer  
Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Ethnic Foods

### Edward & Sons

Miso-Cup, Savory Seaweed

### 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

### Amy's

Macaroni & Soy Cheese  
Vegetable Lasagna with Tofu

### Boca

Original Chik´n Pattie

### Gardenburger

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

### Health Is Wealth

Meatless Buffalo Wings  
Pizza Munchees

### Kashi

Blueberry Waffles  
Original Waffles

## Jams and Nut Butters

### Im Health

Creamy Soy Nut Butter with Chocolate  
Crunchy Soy Nut Butter

## Meat Alternatives

### Boca

Original Chik´n Pattie

### Lightlife

Jumbo Smart Dogs

### Miso

Traditional Red Miso

### Westbrae

Organic High Protein Soybeans

### Yves

Bologna Deli Slices  
The Good Dog

## **Pasta**

### **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

## **Soups**

### **Edward & Sons**

Miso-Cup, Savory Seaweed