

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sacramento Store, Northern California 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).

### Baking Needs

#### Bob's Red Mill

Soy Flour

### Beverages

#### Odwalla

Future Shakes - Al'mondo  
Super Protein Juice

### Bread

#### Alvarado Street Bakery

California Style Protein Bread

#### French Meadow Bakery

Organic Woman's Bread

### Canned Goods

#### Eden Foods

Organic Black Soy Beans

### Cereal

#### 365 Organic Every Day Value™

High Fiber Cereal  
Oat & Honey Granola  
Raisin Granola

### Condiments

#### San-J

Organic Shoyu  
Teriyaki Sauce

#### 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
- 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
- Soy Strawberry Yogurt

### **Whole Soy**

- Plain Soy Yogurt

## **Dairy Alternatives**

### **White Wave**

- Non Dairy Vanilla Soy Beverage
- Soy Creamer
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

## **Ethnic Foods**

### **Edward & Sons**

- Miso-Cup, Savory Seaweed

### **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

### **Gardenburger**

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

### **Health Is Wealth**

- Meatless Buffalo Wings
- Pizza Munchees

### **Kashi**

- Blueberry Waffles
- Original Waffles

### **Whole Catch™**

- Maryland Style Mini Crab Cakes

### **Whole Kitchen™**

- Mini Quiche Appetizers, Trio Assortment

## **Meat Alternatives**

### **Boca**

- Original Chik´n Pattie

### **Lightlife**

- Jumbo Smart Dogs

### **Nate's**

- Italian Meatless Meatballs

## **Meat Alternatives (Cont'd)**

### **Tofurky**

Peppered Deli Slices

### **Yves**

Bologna Deli Slices  
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

## **Sauces, Salsas and Dips**

### **Eden Foods**

Ponzu Sauce

## **Seafood**

### **Whole Catch™**

Maryland Style Mini Crab Cakes

## **Soups**

### **Edward & Sons**

Miso-Cup, Savory Seaweed