

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Berkeley 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.

Beverages

Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

Bread

Alvarado Street Bakery

- California Style Protein Bread

Canned Goods

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

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

Organicville

- Organic Island Teriyaki

Frozen Foods

365 Organic Every Day Value

- Cheese Tortellini

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- Cheese Ravioli

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

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

Health Is Wealth

- Broccoli Tofu Munchees
- Jalapeno Munchees
- Meatless Buffalo Wings
- Pizza Munchees

Kashi

- Blueberry Waffles
- Original Waffles

Whole Kitchen™

- Mini Quiche Appetizers, Trio Assortment

Meat Alternatives

Boca

- Original Chik´n Pattie

Lightlife

- Jumbo Smart Dogs

Tofurky

- Peppered Deli Slices

Yves

- Bologna Deli Slices
- Fat Free Veggie Dog
- Salami Veggie Slice
- The Good Dog

Meat Alternatives (Cont'd)

Yves

- Veggie Ham Slices
- Veggie Turkey Slices

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder
- Vanilla Soy Protein Powder Packets

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