

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Petaluma 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

### 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

## Condiments (Cont'd)

### Annie Chun's

Teriyaki Stir Fry Sauce

### 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

## Crackers

### 365 Every Day Value™

Saltine Crackers  
Unsalted Tops Saltines

## Dairy

### White Wave

Black Cherry Soy Yogurt  
Blueberry 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

## 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 Veggie Pot Pie with Whole Wheat Crust  
Vegetable Lasagna with Tofu

### Boca

Original Chik´n Pattie

### Gardenburger

Mexican Gardenburger  
Veggie Burger Pattie

### Kashi

Blueberry Waffles  
Original Waffles

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## Meat Alternatives

### Boca

Original Chik´n Pattie

### Lightlife

Jumbo Smart Dogs

### Nate's

Italian Meatless Meatballs

### Tofurky

Peppered Deli Slices

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

### **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
- Vanilla Soy Protein Powder Packets

## **Pasta**

### **365 Organic Every Day Value™**

- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### **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

## **Soups**

### **Edward & Sons**

- Miso-Cup, Savory Seaweed