

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sonoma 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).

### Beverages

#### Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

### Bread

#### Alvarado Street Bakery

- California Style Protein Bread

#### French Meadow Bakery

- Organic Woman's Bread

### Cereal

#### 365 Organic Every Day Value™

- High Fiber Cereal
- Oat & Honey Granola

### Condiments

#### 365 Organic Every Day Value™

- Blue Cheese (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

## 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

### White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

Soy Creamer

Soy French Vanilla Creamer

Soy Hazelnut Creamer

## Frozen Foods

### 365 Organic Every Day Value

Cheese Tortellini

### 365 Organic Every Day Value™

Cheese Ravioli

### Alvarado Street Bakery

California Style Protein Bread

### Amy's

Organic Chicago Veggie Burger

Organic Veggie Pot Pie with Whole Wheat Crust

### Boca

Original Chik'n Pattie

### Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

## Frozen Foods (Cont'd)

### Health Is Wealth

Meatless Buffalo Wings

### Kashi

Blueberry Waffles

Original Waffles

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## Jams and Nut Butters

### Im Health

Crunchy Soy Nut Butter

## Meat Alternatives

### Boca

Original Chik'n Pattie

### Lightlife

Jumbo Smart Dogs

### Tofurky

Peppered Deli Slices

### Yves

Bologna Deli Slices

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder Packets

## Produce

### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing