

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Middletown Store, Northeast 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

### Canned Goods

#### Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

### Cereal

#### 365 Organic Every Day Value™

High Fiber Cereal  
Raisin Granola

### Condiments

#### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing  
Caesar (Fresh) Dressing

#### Annie Chun's

Teriyaki Stir Fry Sauce

#### Frontier Cooperative Herbs

Bac'uns

#### San-J

Organic Shoyu  
Teriyaki Sauce

## Condiments (Cont'd)

### 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

## 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 Mozzarella Style

### Stonyfield Farm

Organic O'Soy Blueberry Yogurt, 6 oz  
Organic O'Soy Chocolate Yogurt, 6 oz  
Organic O'Soy Vanilla Yogurt, 6 oz  
Organic O'Soy Strawberry Yogurt, 6 oz

### White Wave

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

## Ethnic Foods

### Edward & Sons

Miso-Cup, Savory Seaweed  
Red Miso Cup

### 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  
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

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

### Health Is Wealth

Broccoli Tofu Munchees  
Meatless Buffalo Wings  
Pizza Munchees

### Seapoint Farms

Ready to Eat Edamame

### Whole Catch™

Maryland Style Mini Crab Cakes

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## **Jams and Nut Butters**

### **Im Health**

Creamy Soy Nut Butter with Chocolate

## **Meat Alternatives**

### **Boca**

Original Chik'n Pattie

### **Lightlife**

Jumbo Smart Dogs

### **Miso**

Traditional Red Miso

### **Nate's**

Italian Meatless Meatballs

### **Tofurky**

Peppered Deli Slices

### **Yves**

Bologna Deli Slices  
Chick'n Veggie Burger  
Fat Free Veggie Dog  
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

## **Produce (Cont'd)**

### **Seapoint Farms**

Ready to Eat Edamame

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki

## **Seafood**

### **Whole Catch™**

Maryland Style Mini Crab Cakes

## **Soups**

### **Edward & Sons**

Miso-Cup, Savory Seaweed  
Red Miso Cup