

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tanasbourne Store, Pacific Northwest 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.

Baking Needs

Bob's Red Mill

Soy Flour

Beverages

Odwalla

Super Protein Juice

Canned Goods

Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

Cereal

365 Organic Every Day Value™

High Fiber Cereal

Oat & Honey Granola

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

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

Crackers

365 Every Day Value™

- Saltine Crackers
- Unsalted Tops Saltines

Dairy

Stonyfield Farm

- Organic O'Soy Strawberry/Peach Yogurt, 6-pack

White Wave

- Peach Soy Yogurt

Dairy Alternatives

White Wave

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

Ethnic Foods

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

Amy's

- Macaroni & Soy Cheese
- Organic Chicago Veggie Burger
- Organic Veggie Pot Pie with Whole Wheat Crust

Frozen Foods (Cont'd)

Amy's

- Vegetable Lasagna with Tofu

Boca

- Original Chik'n Pattie

Gardenburger

- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

Kashi

- Blueberry Waffles

Whole Kitchen™

- Mini Quiche Appetizers, Trio Assortment

Meat Alternatives

Boca

- Original Chik'n Pattie

Nate's

- Italian Meatless Meatballs

Tofurky

- Peppered Deli Slices

Westbrae

- Organic High Protein Soybeans

Yves

- Bologna Deli Slices
- Veggie Turkey Slices

Nutritional Supplements

Whole Foods Market™

- Chocolate Soy Protein Powder
- 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