

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Academy Store, Rocky Mountain 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

#### French Meadow Bakery

Organic Woman's 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

### Frontier Cooperative Herbs

Bac'uns

### San-J

Organic Shoyu

Teriyaki Sauce

### 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

### Stonyfield Farm

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

### White Wave

Blueberry Soy Yogurt

Peach Soy Yogurt

Plain Soy Yogurt

Soy Strawberry Yogurt

## Dairy Alternatives

### Soya Kaas

Soy Monterey Jack

Soy Mozzarella Style

## Dairy Alternatives (Cont'd)

### Stonyfield Farm

Organic O'Soy Chocolate 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

## 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

Vegetable Lasagna with Tofu

### Boca

Original Chik'n Pattie

### Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings

### Kashi

Blueberry Waffles

Original Waffles

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## **Jams and Nut Butters**

### **Im Health**

Chunky Soy Nut Butter with Honey

## **Meat Alternatives**

### **Boca**

Original Chik'n Pattie

### **Lightlife**

Jumbo Smart Dogs

### **Tofurky**

Peppered Deli Slices

### **Yves**

Bologna Deli Slices

Fat Free Veggie Dog

Veggie Turkey Slices

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **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