

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Belmar 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

#### Kinnikinnick

Pancake & Waffle Mix

### Beverages

#### Odwalla

Future Shakes - Al'mondo

Super Protein Juice

### Bread

#### Alvarado Street Bakery

California Style Protein Bread

### Bread (Cont'd)

#### 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

### Annie Chun's

Teriyaki Stir Fry Sauce

### Frontier Cooperative Herbs

Bac'uns

### San-J

Teriyaki Sauce

### San-J

Black Label Tamari  
Low Sodium Tamari

## 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

Blueberry Soy Yogurt  
Peach Soy Yogurt  
Plain Soy Yogurt  
Soy Strawberry Yogurt

### Whole Soy

Plain Soy Yogurt

## Dairy Alternatives

### Soya Kaas

Soy Monterey Jack

### Stonyfield Farm

Organic O'Soy Vanilla Yogurt, 6 oz

## Dairy Alternatives (Cont'd)

### White Wave

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

## Entrees and Mixes

### Kinnikinnick

Pancake & Waffle Mix

## Ethnic Foods

### Edward & Sons

Red Miso Cup

## 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

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

### Boca

Original Chik'n Pattie

### Gardenburger

Low Fat Mushroom 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**

Creamy Soy Nut Butter with Chocolate  
Crunchy Soy Nut Butter

## **Meat Alternatives**

### **Boca**

Original Chik´n Pattie

### **Lightlife**

Jumbo Smart Dogs

### **Nate's**

Italian Meatless Meatballs

### **Tofurky**

Peppered Deli Slices

### **Yves**

Bologna Deli Slices  
Salami Veggie Slice  
The Good Dog

## **Nutritional Supplements**

### **Whole Foods Market™**

Chocolate Soy Protein Powder  
Vanilla Soy Protein Powder  
Vanilla Soy Protein Powder Packets

## **Produce**

### **365 Organic Every Day Value™**

Blue Cheese (Fresh) Dressing  
Caesar (Fresh) Dressing

## **Sauces, Salsas and Dips**

### **Eden Foods**

Ponzu Sauce

## **Soups**

### **Edward & Sons**

Red Miso Cup