

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Metcalfe 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.

Baking Needs

Bob's Red Mill

Soy Flour

Beverages

Odwalla

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

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

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

Plain Soy Yogurt

Soy Strawberry Yogurt

Whole Soy

Plain Soy Yogurt

Dairy Alternatives

Soya Kaas

Soy Jalapeno Cheese

Soy Mozzarella Style

Dairy Alternatives (Cont'd)

White Wave

Soy Creamer

Soy French Vanilla Creamer

Soy Hazelnut Creamer

Ethnic Foods

Edward & Sons

Miso-Cup, Savory Seaweed

Red Miso Cup

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

Cedar Lane

Low Fat Bean, Rice and Cheese Burrito

Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Health Is Wealth

Meatless Buffalo Wings

Kashi

Blueberry Waffles

Original Waffles

Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

Meat Alternatives

Boca

Original Chik´n Pattie

Nate's

Italian Meatless Meatballs

Yves

Bologna Deli Slices

Salami Veggie Slice

Veggie Ham Slices

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

Red Miso Cup