

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pearl 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

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

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

Peach Soy Yogurt

Plain Soy Yogurt

Soy Strawberry Yogurt

Whole Soy

Plain Soy Yogurt

Dairy Alternatives

Tofutti

Coffee Cutie

White Wave

Non Dairy Vanilla Soy Beverage

Soy Creamer

Soy French Vanilla Creamer

Soy Hazelnut Creamer

Desserts

Tofutti

Coffee Cutie

Ethnic Foods

Edward & Sons

Miso-Cup, Savory Seaweed

San-J

Sweet and Sour Sauce

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

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

Frozen Foods (Cont'd)

Kashi

Blueberry Waffles
Original Waffles

Whole Catch™

Maryland Style Mini Crab Cakes

Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

Meat Alternatives

Boca

Original Chik'n Pattie

Lightlife

Jumbo Smart Dogs

Nate's

Italian Meatless Meatballs

Tofurky

Peppered Deli Slices

Yves

Bologna Deli Slices
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

Pasta

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

Seafood

Whole Catch™

Maryland Style Mini Crab Cakes

Soups

Edward & Sons

Miso-Cup, Savory Seaweed