

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Westminster 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

#### Kinnikinnick

Pancake & Waffle Mix

### Beverages

#### Odwalla

Future Shakes - Al'mondo

### Bread

#### Alvarado Street Bakery

California Style Protein Bread

### Canned Goods

#### Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

### Cereal

#### 365 Organic Every Day Value™

High Fiber Cereal

### Condiments

#### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

#### San-J

Organic Shoyu  
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

### 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

## Dairy Alternatives

### Soya Kaas

- Soy Mozzarella Style

### White Wave

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

## Entrees and Mixes

### Kinnikinnick

- Pancake & Waffle Mix

## Ethnic Foods

### Organicville

- Organic Island Teriyaki

## Frozen Foods

### 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

### Kashi

- Blueberry Waffles
- Original Waffles

## Meat Alternatives

### Boca

- Original Chik´n Pattie

### Lightlife

- Jumbo Smart Dogs

### Nate's

- Italian Meatless Meatballs

### Tofurky

- Peppered Deli Slices

### Westbrae

- Organic High Protein Soybeans

### Yves

- Fat Free Veggie Dog
- Salami Veggie Slice
- Veggie Ham Slices
- Veggie Turkey Slices

## Pasta

### Amy's

- Vegetable Lasagna with Tofu

## **Produce**

### **365 Organic Every Day Value™**

Blue Cheese (Fresh) Dressing

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki