

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Charleston Store, South 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.

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

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

Organic Shoyu
Teriyaki Sauce

Condiments (Cont'd)

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

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Soy Strawberry Yogurt

Dairy Alternatives

Soya Kaas

- Soy Jalapeno Cheese

Stonyfield Farm

- Organic O'Soy Blueberry Yogurt, 6 oz
- Organic O'Soy Chocolate Yogurt, 6 oz
- Organic O'Soy Peach Yogurt, 6 oz
- Organic O'Soy Raspberry Yogurt, 6 oz
- Organic O'Soy Vanilla Yogurt, 6 oz
- Organic O'Soy Strawberry Yogurt, 6 oz

Dairy Alternatives (Cont'd)

White Wave

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

Ethnic Foods

Edward & Sons

- Miso-Cup, Savory Seaweed
- Red Miso Cup

Organicville

- Organic Island Teriyaki

San-J

- Sweet and Sour Sauce

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 Chicago Veggie Burger
- Organic Veggie Pot Pie with Whole Wheat Crust
- Vegetable Lasagna with Tofu

Boca

- Original Chik´n Pattie

Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

Frozen Foods (Cont'd)

Health Is Wealth

Meatless Buffalo Wings

Kashi

Blueberry Waffles

Original Waffles

Seapoint Farms

Ready to Eat Edamame

Whole Catch™

Maryland Style Mini Crab Cakes

Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

Jams and Nut Butters

Im Health

Chunky Soy Nut Butter with Honey

Crunchy Soy Nut Butter

Meat Alternatives

Boca

Original Chik'n Pattie

Lightlife

Jumbo Smart Dogs

Nate's

Italian Meatless Meatballs

Yves

Veggie Turkey Slices

Nutritional Supplements

Whole Foods Market™

Chocolate Soy Protein Powder

Vanilla Soy Protein Powder

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Pasta (Cont'd)

Amy's

Vegetable Lasagna with Tofu

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Seapoint Farms

Ready to Eat Edamame

Sauces, Salsas and Dips

Organicville

Organic Island Teriyaki

Seafood

Whole Catch™

Maryland Style Mini Crab Cakes

Soups

Edward & Sons

Miso-Cup, Savory Seaweed

Red Miso Cup