

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Chapel Hill 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](mailto:WFMSpecialDiets@wholefoods.com).

### Beverages

#### Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

### 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

#### Frontier Cooperative Herbs

- Bac'uns

#### San-J

- 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

## **Cookies and Snack Bars (Cont'd)**

### **365 Every Day Value™**

Strawberry Cereal Bars

### **Whole Treat™**

Chocolate Caramel Dulce de Leche Cookies

## **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 Cream Cheese

Soy Monterey Jack

Soy Mozzarella Style

### **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

### **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

## **Frozen Foods**

### **365 Organic Every Day Value**

Cheese Tortellini

### **365 Organic Every Day Value™**

Cheese Ravioli

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### **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

### **Health Is Wealth**

Meatless Buffalo Wings

### **Kashi**

Blueberry Waffles

Original Waffles

### **Whole Catch™**

Maryland Style Mini Crab Cakes

### **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

### **Miso**

Traditional Red Miso

### **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**

### **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**

### **Organicville**

Organic Island Teriyaki

## **Seafood**

### **Whole Catch™**

Maryland Style Mini Crab Cakes

## **Soups**

### **Edward & Sons**

Miso-Cup, Savory Seaweed  
Red Miso Cup