

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Raleigh 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

### 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
- 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

## 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

### Whole Soy

- Plain Soy Yogurt

## Dairy Alternatives

### Soya Kaas

- Soy Jalapeno Cheese
- Soy Monterey Jack

### Stonyfield Farm

- 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

### 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

- Veggie Burger Pattie

### 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**

Chunky Soy Nut Butter with Honey  
Crunchy Soy Nut Butter

## **Seafood**

### **Whole Catch™**

Maryland Style Mini Crab Cakes

## **Meat Alternatives**

### **Boca**

Original Chik´n Pattie

### **Lightlife**

Jumbo Smart Dogs

### **Miso**

Traditional Red Miso

### **Tofurky**

Peppered Deli Slices

### **Yves**

Bologna Deli Slices  
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