

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sandy Springs 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).

### Baking Needs

#### Kinnikinnick

Pancake & Waffle Mix

### 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

#### Frontier Cooperative Herbs

Bac'uns

## Condiments (Cont'd)

### San-J

Organic Shoyu

### San-J

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

### White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

Plain Soy Yogurt

Soy Strawberry Yogurt

## Dairy Alternatives

### Soya Kaas

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

## Dairy Alternatives (Cont'd)

### White Wave

Soy Hazelnut Creamer

## Entrees and Mixes

### Kinnikinnick

Pancake & Waffle Mix

## Ethnic Foods

### Edward & Sons

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

### 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

### Cedar Lane

Low Fat Bean, Rice and Cheese Burrito

### Gardenburger

Fat Free Veggie 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

### Seapoint Farms

Ready to Eat Edamame

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## Jams and Nut Butters

### Im Health

Chunky Soy Nut Butter with Honey  
Creamy Soy Nut Butter with Chocolate  
Crunchy Soy Nut Butter

## 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

Bologna Deli Slices  
Fat Free Veggie Dog  
Salami Veggie Slice  
Veggie Ham 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

### Seapoint Farms

Ready to Eat Edamame

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki

## Soups

### Edward & Sons

Red Miso Cup