

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Williamson 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

#### Eden Foods

Organic Black Soy Beans

### Cereal

#### 365 Organic Every Day Value™

Oat & Honey Granola

### Condiments

#### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing  
Caesar (Fresh) Dressing

#### San-J

Organic Shoyu  
Teriyaki Sauce

#### San-J

Low Sodium Tamari  
Shoyu

## 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

- Blueberry Soy Yogurt
- Plain Soy Yogurt
- Soy Strawberry Yogurt

## Dairy Alternatives

### Soya Kaas

- 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

## Frozen Foods

### 365 Organic Every Day Value

- Cheese Tortellini

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

- Cheese Ravioli

### Alvarado Street Bakery

- California Style Protein Bread

### Amy's

- Organic Veggie Pot Pie with Whole Wheat Crust

### Boca

- Original Chik 'n Pattie

### Gardenburger

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

### Kashi

- Blueberry Waffles
- Original Waffles

### Seapoint Farms

- Ready to Eat Edamame

### Whole Catch™

- Maryland Style Mini Crab Cakes

## Jams and Nut Butters

### Im Health

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

## Meat Alternatives

### Boca

- Original Chik 'n Pattie

### Lightlife

- Jumbo Smart Dogs

### Miso

- Traditional Red Miso

### Tofurky

- Peppered Deli Slices

## **Meat Alternatives (Cont'd)**

### **Yves**

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

## **Nutritional Supplements**

### **Whole Foods Market™**

- Chocolate Soy Protein Powder
- Vanilla Soy Protein Powder

## **Produce**

### **365 Organic Every Day Value™**

- Blue Cheese (Fresh) Dressing
- Caesar (Fresh) Dressing

### **Seapoint Farms**

- Ready to Eat Edamame

## **Seafood**

### **Whole Catch™**

- Maryland Style Mini Crab Cakes