

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Chandler Store, Southern Pacific 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).

### Bread

#### Alvarado Street Bakery

California Style Protein Bread

### 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

### Condiments (Cont'd)

#### San-J

Organic Shoyu

#### 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  
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

### Whole Soy

- Plain Soy Yogurt

## Dairy Alternatives

### Soya Kaas

- Soy Jalapeno Cheese
- Soy Monterey Jack

### Stonyfield Farm

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

### White Wave

- Soy Creamer
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

## 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

## Frozen Foods (Cont'd)

### 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

### 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

## Meat Alternatives

### Boca

- Original Chik'n Pattie

### Lightlife

- Jumbo Smart Dogs

### Nate's

- Italian Meatless Meatballs

### Tofurky

- Peppered Deli Slices

### Yves

- Bologna Deli Slices
- Fat Free Veggie Dog
- Salami Veggie Slice
- The Good Dog

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

### **Yves**

- Veggie Ham Slices
- 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

### **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

## **Seafood**

### **Whole Catch™**

- Maryland Style Mini Crab Cakes