

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Laguna Beach 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).

### Beverages

#### Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

### Bread

#### Alvarado Street Bakery

- California Style Protein Bread

#### French Meadow Bakery

- Organic Woman's 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

#### San-J

- Teriyaki Sauce

#### San-J

- Sweet and Sour Sauce

### Cookies and Snack Bars

#### 365 Every Day Value™

- Apple Cereal Bars
- Blueberry Cereal Bars

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

### **365 Every Day Value™**

Strawberry Cereal Bars

## **Crackers**

### **365 Every Day Value™**

Saltine Crackers

Unsalted Tops Saltines

## **Dairy**

### **White Wave**

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

## **Dairy Alternatives**

### **Soya Kaas**

Soy Grated Parmesan

### **White Wave**

Non Dairy Vanilla Soy Beverage

Soy Creamer

Soy French Vanilla Creamer

Soy Hazelnut Creamer

## **Ethnic Foods**

### **Edward & Sons**

Miso-Cup, Savory Seaweed

### **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

## **Frozen Foods (Cont'd)**

### **Amy's**

Macaroni & Soy Cheese

Vegetable Lasagna with Tofu

### **Cedar Lane**

Low Fat Bean, Rice and Cheese Burrito

## **Meat Alternatives**

### **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™**

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

## **Sauces, Salsas and Dips**

### **Eden Foods**

Ponzu Sauce

## **Soups**

### **Edward & Sons**

Miso-Cup, Savory Seaweed