

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Long 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.

Baking Needs

Bob's Red Mill

Soy Flour

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

Eden Foods

Organic Black Soy Beans

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
Teriyaki Sauce

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
Soy Strawberry Yogurt

Whole Soy

Plain Soy Yogurt

Dairy Alternatives

Stonyfield Farm

Organic O'Soy Chocolate Yogurt, 6 oz

White Wave

Non Dairy Vanilla Soy Beverage
Soy Creamer

Dairy Alternatives (Cont'd)

White Wave

Soy French Vanilla Creamer
Soy Hazelnut Creamer

Ethnic Foods

Edward & Sons

Miso-Cup, Savory Seaweed

Organicville

Organic Island Teriyaki

San-J

Sweet and Sour Sauce

Frozen Foods

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

Jalapeno Munchees
Meatless Buffalo Wings

Seapoint Farms

Ready to Eat Edamame

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

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

Seapoint Farms

Ready to Eat Edamame

Sauces, Salsas and Dips

Organicville

Organic Island Teriyaki

Soups

Edward & Sons

Miso-Cup, Savory Seaweed