

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Montana Avenue 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.

Beverages

Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

Bread

French Meadow Bakery

- Organic Woman's Bread

Canned Goods

Annie's Homegrown

- P'sghetti Loops with Vegetarian Meatballs

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

San-J

- Low Sodium Tamari

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars
Mixed Berry Cereal Bars
Strawberry Cereal Bars

Crackers

365 Every Day Value™

Saltine Crackers
Unsalted Tops Saltines

Dairy

Whole Soy

Plain Soy Yogurt

Dairy Alternatives

Stonyfield Farm

Organic O'Soy Vanilla Yogurt, 6 oz

White Wave

Non Dairy Vanilla Soy Beverage
Soy Creamer
Soy French Vanilla Creamer
Soy Hazelnut Creamer

Ethnic Foods

Edward & Sons

Miso-Cup, Savory Seaweed

Frozen Foods

Amy's

Macaroni & Soy Cheese
Organic Chicago Veggie Burger
Organic Veggie Pot Pie with Whole Wheat Crust
Vegetable Lasagna with Tofu

Gardenburger

Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Kashi

Blueberry Waffles
Original Waffles

Frozen Foods (Cont'd)

Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

Meat Alternatives

Lightlife

Jumbo Smart Dogs

Tofurky

Peppered Deli Slices

Yves

Fat Free Veggie Dog
Salami Veggie Slice

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Amy's

Vegetable Lasagna with Tofu

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing
Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Eden Foods

Ponzu Sauce

Soups

Edward & Sons

Miso-Cup, Savory Seaweed