

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Oracle 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

#### French Meadow Bakery

Organic Woman's Bread

### Canned Goods

#### Eden Foods

Organic Black Soy Beans

### Cereal

#### 365 Organic Every Day Value™

Oat & Honey Granola  
Raisin Granola

### Condiments

#### 365 Organic Every Day Value™

Caesar (Fresh) Dressing

#### San-J

Organic Shoyu

#### San-J

Black Label Tamari  
Low Sodium Tamari  
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

## Dairy

### 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 Cream Cheese
- Soy Cream Cheese Garden Veggie
- Soy Jalapeno Cheese
- Soy Mozzarella Style

### Stonyfield Farm

- Organic O'Soy Peach Yogurt, 6 oz
- 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

### 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

### Amy's

- Macaroni & Soy Cheese
- Organic Chicago Veggie Burger
- Organic Veggie Pot Pie with Whole Wheat Crust

### Boca

- Original Chik´n Pattie

### Kashi

- Blueberry Waffles
- Original Waffles

### 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

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

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder Packets

## **Pasta**

### **365 Organic Every Day Value™**

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## **Produce**

### **365 Organic Every Day Value™**

Caesar (Fresh) Dressing

### **Seapoint Farms**

Ready to Eat Edamame

## **Sauces, Salsas and Dips**

### **Eden Foods**

Ponzu Sauce