

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Woodland Hills 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).

### Baking Needs

#### Bob's Red Mill

Soy Flour

### Beverages

#### Odwalla

Future Shakes - Al'mondo

### Bread

#### Alvarado Street Bakery

California Style Protein 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™

Caesar (Fresh) Dressing

#### Frontier Cooperative Herbs

Bac'uns

#### San-J

Organic Shoyu

Teriyaki Sauce

## Condiments (Cont'd)

### 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

### Soya Kaas

- Soy Cream Cheese
- Soy Monterey Jack
- Soy Mozzarella Style

### Stonyfield Farm

- Organic O'Soy Blueberry Yogurt, 6 oz
- Organic O'Soy Chocolate Yogurt, 6 oz
- Organic O'Soy Peach Yogurt, 6 oz

## Dairy Alternatives (Cont'd)

### Stonyfield Farm

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

### White Wave

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

## Energy and Nutrition Bars/Drinks

### Genisoy

- Soy Protein Shake

## 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 Tortellini

### 365 Organic Every Day Value™

- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Alvarado Street Bakery

- California Style Protein Bread

### Amy's

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

### Boca

- Original Chik'n Pattie

## Frozen Foods (Cont'd)

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Mexican Gardenburger  
Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings

### Kashi

Blueberry Waffles  
Original Waffles

### 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

### Westbrae

Organic High Protein Soybeans

### Yves

Bologna Deli Slices  
Fat Free Veggie Dog  
Salami Veggie Slice  
The Good Dog  
Veggie Ham Slices  
Veggie Turkey Slices

## Nutritional Supplements

### Genisoy

Soy Protein Shake

## Nutritional Supplements (Cont'd)

### 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™

Caesar (Fresh) Dressing

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki

## Seafood

### Whole Catch™

Maryland Style Mini Crab Cakes

## Soups

### Edward & Sons

Miso-Cup, Savory Seaweed