

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Los Angeles 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

Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

Eden Foods

Organic Black Soy Beans

Cereal

365 Organic Every Day Value™

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

Teriyaki Sauce

San-J

Black Label Tamari
Low Sodium Tamari
Shoyu

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 Cream Cheese Garden Veggie
Soy Grated Parmesan
Soy Jalapeno Cheese
Soy Mozzarella Style

Dairy Alternatives (Cont'd)

Stonyfield Farm

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

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

Amy's

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

Cedar Lane

Low Fat Bean, Rice and Cheese Burrito

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

Seapoint Farms

- Ready to Eat Edamame

Whole Catch™

- Maryland Style Mini Crab Cakes

Whole Kitchen™

- Mini Quiche Appetizers, Trio Assortment

Jams and Nut Butters

Im Health

- Crunchy Soy Nut Butter

Meat Alternatives

Lightlife

- Jumbo Smart Dogs

Miso

- Traditional Red Miso

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

Genisoy

- Soy Protein Shake

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

Eden Foods

- Ponzu Sauce

Organicville

- Organic Island Teriyaki

Seafood

Whole Catch™

- Maryland Style Mini Crab Cakes

Soups

Edward & Sons

- Miso-Cup, Savory Seaweed