

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Little Rock Store, Southwest 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

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

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

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Peach Soy Yogurt
Plain Soy Yogurt
Soy Strawberry Yogurt

Dairy Alternatives

Soya Kaas

Soy Jalapeno Cheese
Soy Monterey Jack
Soy Mozzarella Style

White Wave

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

365 Organic Every Day Value™

Cheese Ravioli

Alvarado Street Bakery

California Style Protein Bread

Amy's

Macaroni & Soy Cheese
Vegetable Lasagna with Tofu

Boca

Original Chik´n Pattie

Gardenburger

Low Fat Mushroom Gardenburger

Kashi

Blueberry Waffles

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

Boca

Original Chik´n Pattie

Lightlife

Jumbo Smart Dogs

Tofurky

Peppered Deli Slices

Yves

Bologna Deli Slices
Salami Veggie Slice

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder
- Vanilla Soy Protein Powder Packets

Pasta

Amy's

- Vegetable Lasagna with Tofu

Produce

365 Organic Every Day Value™

- Blue Cheese (Fresh) Dressing
- Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Organicville

- Organic Island Teriyaki

Seafood

Whole Catch™

- Maryland Style Mini Crab Cakes