

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Plano 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](mailto:WFMSpecialDiets@wholefoods.com).

### Beverages

#### Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

### Bread

#### Alvarado Street Bakery

- California Style Protein 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

#### Annie Chun's

- Teriyaki Stir Fry Sauce

#### Frontier Cooperative Herbs

- Bac'uns

#### San-J

- Organic Shoyu
- Teriyaki Sauce

## Condiments (Cont'd)

### 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 Monterey Jack  
Soy Mozzarella Style

### Stonyfield Farm

Organic O'Soy Blueberry Yogurt, 6 oz  
Organic O'Soy Peach Yogurt, 6 oz  
Organic O'Soy Raspberry Yogurt, 6 oz  
Organic O'Soy Vanilla Yogurt, 6 oz  
Organic O'Soy Strawberry Yogurt, 6 oz

## Dairy Alternatives (Cont'd)

### White Wave

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

## Ethnic Foods

### Edward & Sons

Miso-Cup, Savory Seaweed  
Red Miso Cup

### 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 Veggie Pot Pie with Whole Wheat Crust  
Vegetable Lasagna with Tofu

### Boca

Original Chik'n Pattie

### Cedar Lane

Low Fat Bean, Rice and Cheese Burrito

### Gardenburger

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

### Natural Touch

Organic Veggie Medley Burger

## Frozen Foods (Cont'd)

### 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

### Nate's

Italian Meatless Meatballs

### Tofurky

Peppered Deli Slices

### Westbrae

Organic High Protein Soybeans

### Yves

Bologna Deli Slices

Salami Veggie Slice

Veggie Ham Slices

Veggie Turkey Slices

## Nutritional Supplements

### Whole Foods Market™

Chocolate Soy Protein Powder

Vanilla Soy Protein Powder

Vanilla Soy Protein Powder Packets

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Pasta (Cont'd)

### 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

### Organicville

Organic Island Teriyaki

## Seafood

### Whole Catch™

Maryland Style Mini Crab Cakes

## Soups

### Edward & Sons

Miso-Cup, Savory Seaweed

Red Miso Cup