

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Woodruff Store, South 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

### 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

#### San-J

Organic Shoyu

#### 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 Mozzarella Style

### **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

## **Ethnic Foods (Cont'd)**

### **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

### **Alvarado Street Bakery**

California Style Protein Bread

### **Amy's**

Macaroni & Soy Cheese  
Organic Chicago Veggie Burger

### **Boca**

Original Chik'n Pattie

### **Cedar Lane**

Low Fat Bean, Rice and Cheese Burrito

### **Gardenburger**

Low Fat Mushroom Gardenburger  
Mexican Gardenburger  
Veggie Burger Pattie

### **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

## **Meat Alternatives (Cont'd)**

### **Tofurky**

Peppered Deli Slices

### **Yves**

Bologna Deli Slices

Veggie Ham Slices

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **365 Organic Every Day Value™**

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## **Produce**

### **365 Organic Every Day Value™**

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki

## **Soups**

### **Edward & Sons**

Miso-Cup, Savory Seaweed

Red Miso Cup