

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Arlington Store, Mid-Atlantic 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).

### Canned Goods

#### Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

### Cereal

#### 365 Organic Every Day Value™

Oat & Honey Granola

Raisin Granola

### Condiments

#### 365 Organic Every Day Value™

Caesar (Fresh) Dressing

#### San-J

Gluten Free Tamari Soy Sauce

Organic Shoyu Soy Sauce

### Condiments (Cont'd)

#### San-J

Gluten Free Reduced Sodium Tamari Soy Sauce

Organic Shoyu Soy Sauce

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

### White Wave

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

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Ethnic Foods

### Edward & Sons

Red Miso Cup

### 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

### Gardenburger

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

### 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

### Tofurky

Peppered Deli Slices

### Yves

Bologna Deli Slices  
Fat Free Veggie Dog  
The Good Dog  
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™

Caesar (Fresh) Dressing

## Sauces/Salsas/Dips

### San-J

Gluten Free Tamari Soy Sauce  
Organic Shoyu Soy Sauce

### San-J

Gluten Free Reduced Sodium Tamari Soy Sauce  
Organic Shoyu Soy Sauce

## Seafood

### Whole Catch™

Maryland Style Mini Crab Cakes

## **Soups**

### **Edward & Sons**

Red Miso Cup