

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Upper 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.

Cereal

365 Organic Every Day Value™

- High Fiber Cereal
- Raisin Granola

Condiments

San-J

- Gluten Free Tamari Soy Sauce
- Organic Shoyu Soy Sauce

San-J

- Gluten Free Reduced Sodium Tamari Soy Sauce
- Organic Shoyu Soy 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

- Peach Soy Yogurt
- Plain Soy Yogurt
- Soy Strawberry Yogurt

Dairy Alternatives

White Wave

- Non Dairy Vanilla Soy Beverage
- Soy Creamer
- Soy French Vanilla Creamer

Ethnic Foods

Edward & Sons

- Red Miso Cup

Frozen Foods

365 Organic Every Day Value

- Cheese Tortellini

365 Organic Every Day Value™

- Cheese Ravioli
- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Boca

- Original Chik´n Pattie

Gardenburger

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

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

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

365 Organic Every Day Value™

- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Sauces, Salsas and 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

Soups

Edward & Sons

- Red Miso Cup