

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Deerfield Store, Midwest 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™

Blue Cheese (Fresh) Dressing

#### Annie Chun's

Teriyaki Stir Fry Sauce

### Condiments (Cont'd)

#### Frontier Cooperative Herbs

Bac'uns

#### San-J

Gluten Free Tamari Soy Sauce  
Organic Shoyu Soy Sauce

#### 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

## Cookies and Snack Bars (Cont'd)

### 365 Every Day Value™

Strawberry Cereal Bars

## Crackers

### 365 Every Day Value™

Saltine Crackers

Unsalted Tops Saltines

## Dairy Alternatives

### White Wave

Soy Creamer

Soy French Vanilla Creamer

Soy Hazelnut Creamer

## Ethnic Foods

### 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

### Boca

Original Chik'n Pattie

### Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Whole Catch™

Maryland Style Mini Crab Cakes

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## Meat Alternatives

### Boca

Original Chik'n Pattie

### Lightlife

Jumbo Smart Dogs

### Miso

Traditional Red Miso

### Nate's

Italian Meatless Meatballs

### Tofurky

Peppered Deli Slices

### Yves

Bologna Deli Slices

Fat Free Veggie Dog

Salami Veggie Slice

The Good Dog

Veggie Turkey 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

## Sauces/Salsas/Dips

### Eden

Ponzu Sauce

### 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