

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Regency 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.

Canned Goods

Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

Eden

Organic Black Soy Beans

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Raisin Granola

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Condiments (Cont'd)

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

Strawberry Cereal Bars

Crackers

365 Every Day Value™

- Saltine Crackers
- Unsalted Tops Saltines

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

Cedar Lane

- Low Fat Bean, Rice and Cheese Burrito

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

Meat Alternatives (Cont'd)

Tofurky

- Peppered Deli Slices

Yves

- Bologna Deli Slices
- Fat Free Veggie Dog
- Salami Veggie Slice
- 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
- 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