

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Andover Store, North 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.

Baking Needs

Bob's Red Mill

Soy Flour

Bread

Alvarado Street Bakery

California Style Protein Bread

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Raisin Granola

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Annie Chun's

Teriyaki Stir Fry Sauce

San-J

Gluten Free Tamari Soy Sauce

San-J

Gluten Free Reduced Sodium Tamari 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

White Wave

Black Cherry Soy Yogurt

Plain Soy Yogurt

Dairy Alternatives

Soya Kaas

Soy Monterey Jack

Soy Mozzarella Style

WestSoy

Westsoy No Fat Plain

White Wave

Non Dairy Vanilla Soy Beverage

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

Alvarado Street Bakery

California Style Protein Bread

Boca

Original Chik'n Pattie

Frozen Foods (Cont'd)

Cedar Lane

Low Fat Bean, Rice and Cheese Burrito

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings

Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

Jams and Nut Butters

Im Health

Chunky Soy Nut Butter with Honey

Creamy Soy Nut Butter with Chocolate

Crunchy Soy Nut Butter

Meat Alternatives

Boca

Original Chik'n Pattie

Lightlife

Jumbo Smart Dogs

Miso

Traditional Red Miso

Nate's

Italian Meatless Meatballs

Tofurky

Peppered Deli Slices

Westbrae

Organic High Protein Soybeans

Yves

Bologna Deli Slices

Fat Free Veggie Dog

Salami Veggie Slice

The Good Dog

Veggie Ham Slices

Veggie Turkey Slices

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Sauces/Salsas/Dips

San-J

Gluten Free Tamari Soy Sauce

San-J

Gluten Free Reduced Sodium Tamari Soy Sauce