

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fresh Pond 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

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

Annie Chun's

Teriyaki Stir Fry 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

Condiments (Cont'd)

San-J

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

Plain Soy Yogurt

Dairy Alternatives

Soya Kaas

Soy Cream Cheese Garlic Herb
Soy Monterey Jack
Soy Mozzarella Style

White Wave

Soy Hazelnut Creamer

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

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Alvarado Street Bakery

California Style Protein Bread

Boca

Original Chik´n Pattie

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

Broccoli Tofu Munchees
Jalapeno Munchees
Meatless Buffalo Wings
Pizza Munchees

Whole Catch™

Maryland Style Mini Crab Cakes

Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

Jams and Nut Butters

Im Health

Creamy Soy Nut Butter with Chocolate
Crunchy Soy Nut Butter

Meat Alternatives

Boca

Original Chik´n Pattie

Lightlife

Jumbo Smart Dogs

Nate's

Italian Meatless Meatballs

Tofurky

Peppered Deli Slices

Meat Alternatives (Cont'd)

Westbrae

Organic High Protein Soybeans

Yves

Bologna Deli Slices
Chick'n Veggie Burger
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

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

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

Soups

Edward & Sons

Red Miso Cup