

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Providence 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

Beverages

Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

Bread

French Meadow Bakery

- Organic Woman's Bread

Canned Goods

Annie's Homegrown

- P'sghetti Loops with Vegetarian Meatballs

Eden Foods

- Organic Black Soy Beans

Cereal

365 Organic Every Day Value™

- High Fiber Cereal
- Oat & Honey Granola
- Raisin Granola

Condiments

365 Organic Every Day Value™

- Caesar (Fresh) Dressing
- Texas Barbecue Sauce

San-J

- Black Label Tamari
- Low Sodium Tamari
- Shoyu

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

365 Organic Every Day Value™

Peanut Butter Cookies

Whole Treat™

Chocolate Hazelnut Thumbprint Cookies

Crackers

365 Every Day Value™

Saltine Crackers

Unsalted Tops Saltines

Dairy

Stonyfield Farm

Strawberry Peach Yogurt

White Wave

Blueberry Soy Yogurt

Peach Soy Yogurt

Plain Soy Yogurt

Soy Strawberry Yogurt

Dairy Alternatives

Soya Kaas

Soy Cream Cheese Garlic Herb

Soy Mozzarella Style

Stonyfield Farm

O'Soy Peach Yogurt

O'Soy Raspberry Yogurt

O'Soy Strawberry Yogurt

White Wave

Non Dairy Vanilla Soy Beverage

Soy Creamer

Soy French Vanilla Creamer

Soy Hazelnut Creamer

Soy Latte Coffee

Desserts

365 Every Day Value™

Cookies & Cream Ice Cream

Ethnic Foods

Edward & Sons

Red Miso Cup

Frozen Foods

365 Every Day Value™

Cookies & Cream Ice Cream

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Amy's

Macaroni & Soy Cheese

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

Health Is Wealth

Jalapeno Munchees

Meatless Buffalo Wings

Kashi

Blueberry Waffles

Original Waffles

Whole Catch™

Maryland Style Mini Crab Cakes

Jams and Nut Butters

Im Health

Creamy Soy Nut Butter with Chocolate

Meat Alternatives

Lightlife

Jumbo Smart Dogs

Meat Alternatives (Cont'd)

Nate's

Italian Meatless Meatballs

Tofurky

Peppered Deli Slices

Westbrae

Organic High Protein Soybeans

Yves

Bologna Deli Slices

Salami Veggie Slice

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™

Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Eden Foods

Ponzu Sauce

Seafood

Whole Catch™

Maryland Style Mini Crab Cakes

Soups

Edward & Sons

Red Miso Cup