

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Wellesley 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](mailto:WFMSpecialDiets@wholefoods.com).

### Canned Goods

#### 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

#### San-J

Gluten Free Reduced Sodium Tamari Soy 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

#### Stonyfield Farm

Organic O'Soy Strawberry/Peach Yogurt, 6-pack

## Dairy (Cont'd)

### White Wave

- Peach Soy Yogurt
- Plain Soy Yogurt
- Soy Strawberry Yogurt

## Dairy Alternatives

### Soya Kaas

- Soy Monterey Jack

### Stonyfield Farm

- Organic O'Soy Blueberry Yogurt, 6 oz
- Organic O'Soy Chocolate Yogurt, 6 oz
- Organic O'Soy Peach Yogurt, 6 oz
- Organic O'Soy Vanilla Yogurt, 6 oz
- Organic O'Soy Strawberry Yogurt, 6 oz

## 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

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

## Jams and Nut Butters

### Im Health

- Crunchy Soy Nut Butter

## Meat Alternatives

### Boca

- Original Chik'n Pattie

### Lightlife

- Jumbo Smart Dogs

## Meat Alternatives (Cont'd)

### Tofurky

- Peppered Deli Slices

### Yves

- Bologna Deli Slices

## 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 and Dips

### San-J

- Gluten Free Reduced Sodium Tamari Soy Sauce