

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Kansas City Store, Rocky Mountain 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.

Beverages

Odwalla

Super Protein Juice

Bread

Alvarado Street Bakery

California Style Protein Bread

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Condiments

San-J

Low Sodium Tamari

Shoyu

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 Mozzarella Style

White Wave

Non Dairy Vanilla Soy Beverage

Soy Creamer

Soy French Vanilla Creamer

Soy Hazelnut Creamer

Ethnic Foods

San-J

Sweet and Sour Sauce

Frozen Foods

Alvarado Street Bakery

California Style Protein Bread

Amy's

Macaroni & Soy Cheese

Organic Veggie Pot Pie with Whole Wheat Crust

Vegetable Lasagna with Tofu

Gardenburger

Veggie Burger Pattie

Meat Alternatives

Nate's

Italian Meatless Meatballs

Tofurky

Peppered Deli Slices

Yves

Bologna Deli Slices

Veggie Turkey Slices

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Amy's

Vegetable Lasagna with Tofu