

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



St. Francis 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.

Bread

Alvarado Street Bakery

California Style Protein Bread

Canned Goods

Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Raisin Granola

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

San-J

Organic Shoyu Soy Sauce

San-J

Gluten Free Reduced Sodium Tamari Soy Sauce

Organic Shoyu Soy Sauce

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

Mixed Berry 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

Soy Creamer
Soy French Vanilla Creamer

Ethnic Foods

Edward & Sons

Red Miso Cup

Frozen Foods

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli

Alvarado Street Bakery

California Style Protein Bread

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger
Mexican Gardenburger

Meat Alternatives

Lightlife

Jumbo Smart Dogs

Tofurky

Peppered Deli Slices

Yves

Veggie Ham Slices
Veggie Turkey Slices

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing
Caesar (Fresh) Dressing

Sauces/Salsas/Dips

San-J

Organic Shoyu Soy Sauce

San-J

Gluten Free Reduced Sodium Tamari Soy Sauce
Organic Shoyu Soy Sauce

Soups

Edward & Sons

Red Miso Cup