

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Poplar Store, South 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

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Raisin Granola

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Frontier Cooperative Herbs

Bac'uns

Condiments (Cont'd)

San-J

Organic Shoyu Soy Sauce

San-J

Gluten Free Reduced Sodium Tamari Soy Sauce

Organic Shoyu Soy Sauce

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 Alternatives

Soya Kaas

- Soy Jalapeno Cheese
- Soy Monterey Jack
- Soy Mozzarella Style

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

Alvarado Street Bakery

- California Style Protein Bread

Boca

- Original Chik´n Pattie

Gardenburger

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

Whole Catch™

- Maryland Style Mini Crab Cakes

Jams and Nut Butters

Im Health

- Creamy Soy Nut Butter with Chocolate

Meat Alternatives

Boca

- Original Chik´n Pattie

Lightlife

- Jumbo Smart Dogs

Miso

- Traditional Red Miso

Tofurky

- Peppered Deli Slices

Yves

- Bologna Deli Slices
- Salami Veggie Slice
- Veggie Ham Slices
- Veggie Turkey Slices

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Produce

365 Organic Every Day Value™

- Blue Cheese (Fresh) Dressing
- Caesar (Fresh) Dressing

Sauces/Salsas/Dips

Eden

- Ponzu Sauce

San-J

- 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