

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Brentwood Store, Southern Pacific 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

Eden

Organic Black Soy Beans

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Raisin Granola

Condiments

Frontier Cooperative Herbs

Bac'uns

San-J

Gluten Free Tamari Soy Sauce

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

Strawberry Cereal Bars

Crackers

365 Every Day Value™

Saltine Crackers
Unsalted Tops Saltines

Dairy

White Wave

Blueberry Soy Yogurt
Peach Soy Yogurt
Soy Strawberry Yogurt

Dairy Alternatives

WestSoy

Westsoy No Fat Plain

White Wave

Non Dairy Vanilla Soy Beverage
Soy Creamer
Soy French Vanilla Creamer
Soy Hazelnut Creamer

Frozen Foods

365 Organic Every Day Value

Cheese Tortellini

Alvarado Street Bakery

California Style Protein Bread

Gardenburger

Low Fat Mushroom Gardenburger
Mexican Gardenburger
Veggie Burger Pattie

Seapoint Farms

Ready to Eat Edamame

Whole Catch™

Maryland Style Mini Crab Cakes

Meat Alternatives

Lightlife

Jumbo Smart Dogs

Nate's

Italian Meatless Meatballs

Meat Alternatives (Cont'd)

Tofurky

Peppered Deli Slices

Yves

Bologna Deli Slices
Veggie Ham Slices

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Produce

Seapoint Farms

Ready to Eat Edamame

Sauces/Salsas/Dips

Eden

Ponzu Sauce

San-J

Gluten Free Tamari Soy Sauce
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