

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Montana Avenue 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.

Canned Goods

Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Condiments

San-J

Gluten Free Tamari Soy Sauce

Organic Shoyu Soy Sauce

San-J

Gluten Free Reduced Sodium Tamari Soy Sauce

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars

Mixed Berry Cereal Bars

Strawberry Cereal Bars

Crackers

365 Every Day Value™

Saltine Crackers

Unsalted Tops Saltines

Dairy Alternatives

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

365 Organic Every Day Value™

Cheese Ravioli

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Gardenburger

Fat Free Veggie Gardenburger

Veggie Burger Pattie

Seapoint Farms

Ready to Eat Edamame

Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

Meat Alternatives

Lightlife

Jumbo Smart Dogs

Miso

Traditional Red Miso

Nate's

Italian Meatless Meatballs

Yves

Fat Free Veggie Dog

The Good Dog

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Produce

Seapoint Farms

Ready to Eat Edamame

Sauces/Salsas/Dips

San-J

Gluten Free Tamari Soy Sauce

Organic Shoyu Soy Sauce

San-J

Gluten Free Reduced Sodium Tamari Soy Sauce