

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Thousand Oaks 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### Bob's Red Mill

Soy Flour

### Bread

#### Alvarado Street Bakery

California Style Protein Bread

### Canned Goods

#### Annie's Homegrown

P'sghetti Loops with Vegetarian Meatballs

#### Eden

Organic Black Soy Beans

### Cereal

#### 365 Organic Every Day Value™

Oat & Honey Granola

Raisin Granola

### Condiments

#### 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

## **Cookies and Snack Bars (Cont'd)**

### **365 Every Day Value™**

Mixed Berry Cereal Bars  
Strawberry Cereal Bars

## **Crackers**

### **365 Every Day Value™**

Saltine Crackers  
Unsalted Tops Saltines

## **Dairy**

### **White Wave**

Black Cherry Soy Yogurt  
Blueberry Soy Yogurt  
Peach Soy Yogurt  
Soy Strawberry Yogurt

## **Dairy Alternatives**

### **Soya Kaas**

Soy Grated Parmesan  
Soy Monterey Jack

### **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

### **365 Organic Every Day Value™**

Cheese Ravioli  
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### **Alvarado Street Bakery**

California Style Protein Bread

## **Frozen Foods (Cont'd)**

### **Boca**

Original Chik´n Pattie

### **Cedar Lane**

Low Fat Bean, Rice and Cheese Burrito

### **Gardenburger**

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

### **Health Is Wealth**

Meatless Buffalo Wings  
Pizza Munchees

### **Whole Catch™**

Maryland Style Mini Crab Cakes

### **Whole Kitchen™**

Mini Quiche Appetizers, Trio Assortment

## **Jams and Nut Butters**

### **Im Health**

Crunchy Soy Nut Butter

## **Meat Alternatives**

### **Boca**

Original Chik´n Pattie

### **Lightlife**

Jumbo Smart Dogs

### **Nate's**

Italian Meatless Meatballs

### **Tofurky**

Peppered Deli Slices

### **Yves**

Bologna Deli Slices  
Fat Free Veggie Dog  
Salami Veggie Slice  
The Good Dog  
Veggie Ham Slices  
Veggie Turkey Slices

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **365 Organic Every Day Value™**

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## **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