

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Oracle 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.

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

Sweet and Sour 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

Dairy

White Wave

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

Dairy Alternatives

Soya Kaas

Soy Jalapeno Cheese
Soy Mozzarella Style

White Wave

Soy Creamer
Soy French Vanilla Creamer
Soy Hazelnut Creamer

Ethnic Foods

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

Frozen Foods (Cont'd)

Seapoint Farms

Ready to Eat Edamame

Meat Alternatives

Boca

Original Chik´n Pattie

Miso

Traditional Red Miso

Nate's

Italian Meatless Meatballs

Tofurky

Peppered Deli Slices

Yves

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

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