

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Pacific Coast Hwy 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

#### 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

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

### White Wave

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Soy Strawberry Yogurt

## Dairy Alternatives

### Soya Kaas

- Soy Cream Cheese
- Soy Grated Parmesan
- Soy Jalapeno Cheese
- Soy Mozzarella Style

### White Wave

- Non Dairy Vanilla Soy Beverage
- 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

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Alvarado Street Bakery

- California Style Protein Bread

### 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

### Seapoint Farms

- Ready to Eat Edamame

### Whole Catch™

- Maryland Style Mini Crab Cakes

### Whole Kitchen™

- Mini Quiche Appetizers, Trio Assortment

## Meat Alternatives

### Boca

- Original Chik´n Pattie

### Lightlife

- Jumbo Smart Dogs

### Miso

- Traditional Red Miso

### Nate's

- Italian Meatless Meatballs

### Tofurky

- Peppered Deli Slices

### Westbrae

- Organic High Protein Soybeans

## **Meat Alternatives (Cont'd)**

### **Yves**

- Bologna Deli Slices
- Fat Free Veggie Dog
- The Good Dog
- Veggie Ham Slices

## **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
- Organic Shoyu Soy Sauce

## **Seafood**

### **Whole Catch™**

- Maryland Style Mini Crab Cakes