

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Wilshire Blvd 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

### 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**

Blueberry Soy Yogurt  
Peach Soy 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

### **365 Organic Every Day Value™**

Cheese Ravioli

### **Alvarado Street Bakery**

California Style Protein Bread

### **Cedar Lane**

Low Fat Bean, Rice and Cheese Burrito

### **Gardenburger**

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

## **Jams and Nut Butters**

### **Im Health**

Crunchy Soy Nut Butter

## **Meat Alternatives**

### **Lightlife**

Jumbo Smart Dogs

### **Westbrae**

Organic High Protein Soybeans

### **Yves**

Bologna Deli Slices  
Salami Veggie Slice  
Veggie Turkey Slices

## **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