

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wilcrest Store, Southwest 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

Eden

Organic Black Soy Beans

Cereal

365 Organic Every Day Value™

Oat & Honey Granola
Raisin Granola

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Annie Chun's

Teriyaki Stir Fry Sauce

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
- 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
- Plain Soy Yogurt
- Soy Strawberry Yogurt

Dairy Alternatives

White Wave

- Soy Creamer
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

Frozen Foods

365 Organic Every Day Value™

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

Alvarado Street Bakery

- California Style Protein Bread

Boca

- Original Chik'n Pattie

Gardenburger

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

Whole Catch™

- Maryland Style Mini Crab Cakes

Frozen Foods (Cont'd)

Whole Kitchen™

- Mini Quiche Appetizers, Trio Assortment

Meat Alternatives

Boca

- Original Chik'n Pattie

Lightlife

- Jumbo Smart Dogs

Tofurky

- Peppered Deli Slices

Yves

- Bologna Deli Slices
- Fat Free Veggie 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

365 Organic Every Day Value™

- Blue Cheese (Fresh) Dressing

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

Seafood

Whole Catch™

Maryland Style Mini Crab Cakes