

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## SoMa Store, Northern California 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

### Beverages

#### Odwalla

- Future Shakes - Al'mondo
- Super Protein Juice

### Bread

#### Alvarado Street Bakery

- California Style Protein Bread

#### French Meadow Bakery

- Organic Woman's Bread

### Canned Goods

#### Eden Foods

- Organic Black Soy Beans

### Cereal

#### 365 Organic Every Day Value™

- High Fiber Cereal
- Oat & Honey Granola
- Raisin Granola

### Condiments

#### San-J

- Organic Shoyu

#### San-J

- Black Label Tamari
- Low Sodium Tamari

### Cookies and Snack Bars

#### 365 Every Day Value™

- Apple Cereal Bars
- Blueberry Cereal Bars
- Mixed Berry Cereal Bars
- Strawberry Cereal Bars

## Cookies and Snack Bars (Cont'd)

### Whole Treat™

Chocolate Caramel Dulce de Leche Cookies  
Chocolate Hazelnut Thumbprint Cookies

## Crackers

### 365 Every Day Value™

Saltine Crackers  
Unsalted Tops Saltines

## Dairy

### Stonyfield Farm

Strawberry Peach Yogurt

### White Wave

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

### Whole Soy

Plain Soy Yogurt

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage  
Soy Creamer  
Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Desserts

### 365 Every Day Value™

Cookies & Cream Ice Cream

## Frozen Foods

### 365 Every Day Value™

Cookies & Cream Ice Cream

### 365 Organic Every Day Value

Cheese Tortellini

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

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

### Alvarado Street Bakery

California Style Protein Bread

### Amy's

Macaroni & Soy Cheese  
Organic Chicago Veggie Burger  
Organic Veggie Pot Pie with Whole Wheat Crust  
Vegetable Lasagna with Tofu

### Gardenburger

Fat Free Veggie Gardenburger  
Veggie Burger Pattie

### Health Is Wealth

Broccoli Tofu Munchees  
Jalapeno Munchees  
Pizza Munchees

### Kashi

Blueberry Waffles  
Original Waffles

### Whole Catch™

Maryland Style Mini Crab Cakes

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## Meat Alternatives

### Lightlife

Jumbo Smart Dogs

### Nate's

Italian Meatless Meatballs

### Tofurky

Peppered Deli Slices

### Yves

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

## **Nutritional Supplements**

### **Whole Foods Market™**

Chocolate Soy Protein Powder

Vanilla Soy Protein Powder

## **Pasta**

### **365 Organic Every Day Value™**

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### **Amy's**

Vegetable Lasagna with Tofu

## **Sauces, Salsas and Dips**

### **Eden Foods**

Ponzu Sauce

## **Seafood**

### **Whole Catch™**

Maryland Style Mini Crab Cakes