

Soy Foods

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Overland Park Store, Rocky Mountain 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

Condiments

365 Organic Every Day Value™

- Blue Cheese (Fresh) Dressing
- Caesar (Fresh) Dressing

Eden Foods

- Organic Wheat Free Tamari

San-J

- Teriyaki Sauce

San-J

- Black Label Tamari
- 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

Cookies and Snack Bars (Cont'd)

365 Organic Every Day Value™

Chocolate Chip Cookies
Oatmeal Cookies

Whole Treat™

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

Dairy Alternatives

Soya Kaas

Soy Jalapeno Cheese
Soy Mozzarella Style

Stonyfield Farm

O'Soy Peach Yogurt
O'Soy Strawberry Yogurt

White Wave

Non Dairy Plain Beverage
Non Dairy Vanilla Soy Beverage
Soy Creamer
Soy French Vanilla Creamer
Soy Hazelnut Creamer
Soy Latte Coffee

Ethnic Foods

San-J

Sweet and Sour Sauce

Frozen Foods

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Alvarado Street Bakery

California Style Protein Bread

Amy's

Macaroni & Soy Cheese
Organic Veggie Pot Pie with Whole Wheat Crust

Boca

Cheeseburger
Organic Breakfast Links
Organic Roasted Garlic Burger
Organic Roasted Onion Burger

Gardenburger

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

Health Is Wealth

Pizza Munchees

Kashi

Blueberry Waffles
Original Waffles

Whole Catch™

Maryland Style Mini Crab Cakes

Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

Meat Alternatives

Boca

Cheeseburger

Lightlife

Jumbo Smart Dogs

Nate's

Italian Meatless Meatballs

Tofurky

Peppered Deli Slices

Meat Alternatives (Cont'd)

Westbrae

Organic High Protein Soybeans

Yves

Fat Free Veggie Dog

Salami Veggie Slice

Veggie Turkey Slices

Nutritional Supplements

Whole Foods Market™

Chocolate Soy Protein Powder

Vanilla Soy Protein Powder

Vanilla Soy Protein Powder Packets

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Seafood

Whole Catch™

Maryland Style Mini Crab Cakes