

Tofu

Updated: July 1, 2010

Product Name	Brand Name	Allowable (Yes or No)	Reason if not allowable:	Product Description	Product Size (in oz)
Azumaya Extra Firm Tofu	Azumaya	Yes		extra firm	14
Azumaya Firm Tofu	Azumaya	Yes		firm	14
Azumaya Silken Tofu	Azumaya	Yes		silken	14
Azumaya Soft Silken Tofu	Azumaya	Yes		soft silken	16
Freida's Extra Firm Tofu	Frieda's	Yes		extra firm	12
Freida's Firm Tofu	Frieda's	Yes		firm	14
Freida's Soft Tofu	Frieda's	Yes		soft	14
House Foods Premium Extra Firm Tofu	House Foods America Corp.	Yes		extra firm	16
House Foods Premium Firm Tofu	House Foods America Corp.	Yes		firm	16
House Foods Premium Regular Tofu	House Foods America Corp.	Yes		regular	16
House Korean Extra Firm Tofu	House Foods	Yes		extra firm	12
House Premium Extra Firm Tofu	House Foods	Yes		extra firm	12
House Premium Extra Soft Tofu	House Foods	Yes		extra soft	12
House Premium Firm Tofu	House Foods	Yes		firm	14
House Premium Medium Firm (Regular) Tofu	House Foods	Yes		medium firm	14
House Premium Soft (Silken) Tofu	House Foods	Yes		soft (silken)	14
Mori-Nu Silken Extra Firm Tofu	Mori-Nu	Yes		extra firm	12.3
Mori-Nu Silken Firm Tofu	Mori-Nu	Yes		firm	12.3
WestSoy Natural Extra Firm Tofu	WestSoy	Yes		extra firm	12
WestSoy Natural Fat Reduced Firm Tofu	WestSoy	Yes		firm	16
House Cajun Steak Tofu	House Foods	No	No extra seasonings allowed	extra firm	12
House Organic Extra Firm Tofu	House Foods	No	Organic tofu isn't allowed.	extra firm	12
House Organic Firm Tofu	House Foods	No	Organic tofu isn't allowed.	firm	14
House Organic Medium Tofu	House Foods	No	Organic tofu isn't allowed.	medium firm	14
House Organic Soft Tofu	House Foods	No	Organic tofu isn't allowed.	soft	14
House Steak Garlic & Pepper Tofu	House Foods	No	No extra seasonings allowed	extra firm	12
House Tofu Steak Grilled Tofu	House Foods	No	No extra seasonings allowed	extra firm	12
Nasoya Organic Cubed Super Firm Tofu	Nasoya	No	Organic tofu isn't allowed.	super firm	14
Nasoya Organic Extra Firm Tofu	Nasoya	No	Organic tofu isn't allowed.	extra firm	14
Nasoya Organic Firm Tofu	Nasoya	No	Organic tofu isn't allowed.	firm	14
Nasoya Organic Silken Tofu	Nasoya	No	Organic tofu isn't allowed.	silken	14
WestSoy Organic Soft Tofu	WestSoy	No	Organic tofu isn't allowed.	extra firm	14