### Tofu

**APPROVED**

**Must Be**
- 12 oz to 16 oz container
- Calcium-set
- Plain

**You Can Choose**
- Any brand
- Non organic or organic
- Non refrigerated or refrigerated

**NOT APPROVED**

**Do Not Buy**
- Added flavors, foods, or spices
- Baked, cubed, or sliced
- Dessert tofu

**Shopping Tip**

**Here are some examples:**
- Azumaya Extra Firm
- Azumaya Firm
- Azumaya Silken
- Frieda’s Extra Firm
- Frieda’s Firm
- Frieda’s Soft
- House Foods Organic Extra Firm
- House Foods Organic Firm
- House Foods Organic Medium Firm
- House Foods Organic Soft (Silken)
- House Foods Premium Extra Firm
- House Foods Premium Extra Soft
- House Foods Premium Firm
- House Foods Premium Medium Firm
- House Foods Premium Soft (Silken)

- Mori-Nu Organic Silken Extra Firm
- Mori-Nu Organic Silken Firm
- Mori-Nu Organic Silken Lite Firm
- Nasoya Lite Firm
- Nasoya Lite Silken
- Nasoya Organic Extra Firm
- Nasoya Organic Firm
- Nasoya Organic Silken
- Nasoya Organic Soft
- Safeway O Organics Extra Firm
- Safeway O Organics Firm
- Sun Luck Chinese Style Firm
- Sun Luck Japanese Style
- Sun Luck Nugoshi Soft