

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Harbor East Store, Mid-Atlantic 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 gluten and casein-free 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](mailto:WFMSpecialDiets@wholefoods.com).

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### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Flaxseed Meal
- Gluten Free All Purpose Baking Flour

### Baking Needs (Cont'd)

#### Bob's Red Mill

- Gluten Free Cornbread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Hemp Protein Powder
- Organic Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Starch
- Tapioca Flour
- White Rice Flour

#### Chebe

- All-Purpose Mix
- Focaccia Flatbread Mix
- Pizza Crust Mix

#### Enjoy Life

- Semi-Sweet Chocolate Chips

## Baking Needs (Cont'd)

### Hain

Baking Powder

### Namaste

Biscuits, Piecrust & More

Brownie Mix

## Beverages

### Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct

Authentic Green Tea, 20 Ct

Bengal Spice Tea, 20 Ct

Black Cherry Berry Tea

Chamomile Tea, 20 Ct

Cinnamon Apple Spice Tea, 20 Ct

Country Peach Passion

Decaf Green Tea, 25 Ct

Decaf Mint Green Tea, 20 Ct

Fruit Tea Sampler, 20 Ct

Honey Vanilla Chamomile Tea, 20 Ct

Lemon Zinger Tea, 20 Ct

Mandarin Orange Spice Tea, 20 Ct

Mint Magic Tea, 20 Ct

Peppermint Tea, 20 Ct

Raspberry Zinger Tea, 20 Ct

Sleepytime Extra Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Throat Tamer Tea, 20 Ct

Tangerine Orange Zinger Tea, 20 Ct

Tension Tamer Tea, 20 Ct

Wild Berry Tea, 20 Ct

### So Delicious

Original (Plain) Coconut Milk Beverage

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

## Bread

### Enjoy Life

Cinnamon Raisin Bagels

Original Bagels

### Glutino

Premium Cinnamon & Raisin Bread

Premium Corn Bread

## Bread (Cont'd)

### Glutino

Premium Pizza Crusts

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## Canned Goods

### Amy's

Organic Refried Beans with Green Chiles

Organic Refried Black Beans

Organic Traditional Refried Beans

Organic Traditional Refried Beans, Light in Sodium

Organic Vegetarian Baked Beans

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

### Enjoy Life

Cinnamon Crunch Granola

Cranapple Crunch Granola

Very Berry Crunch Granola

### EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Koala Crisp Organic Cereal

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic Cereal

## Cereal (Cont'd)

### Nature's Path

- Organic Crispy Rice Cereal
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Honey'd Cornflakes
- Organic Mesa Sunrise Cereal
- Organic Mesa Sunrise Cereal, 26.4 oz
- Organic Whole O's Cereal

## Cheese

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese

## Chips, Pretzels and Snacks

### Arico

- Cassava Chips, Ginger on Fire
- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

### Food Should Taste Good

- Buffalo Tortilla Chips 6 oz
- Cinnamon Tortilla Chips 5.5 oz
- Lime Tortilla Chips 5.5 oz
- Multigrain Tortilla Chips 12 oz
- Potato & Chive Tortilla Chips 5.5 oz
- Sweet Potato Tortilla Chips 6 oz
- The Works! Tortilla Chips 6 oz
- Yellow Corn Tortilla Chips 11 oz

### Food Should Taste Good

- Chocolate Tortilla Chips 6 oz
- Jalapeno Tortilla Chips 6 oz
- Multigrain Tortilla Chips 6 oz
- Olive Tortilla Chips 6 oz

### Lundberg Farms

- Buttery Caramel Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes
- Sante Fe BBQ Rice Chips

## Chips, Pretzels and Snacks (Cont'd)

### Mr. Krispers

- Baked Rice Krisps, Sea Salt & Pepper

## Condiments

### Follow Your Heart

- Vegenaise, Grapeseed Oil
- Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil
- Vegenaise, Original

### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup

### Spectrum

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 32 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Olive Oil Mayonnaise
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Mini Cookies
- Vanilla Graham Mini Cookies

### Cookies... For Me?

- Chocolate Chip Cookie
- Dairy Free Sugar Cookie

### Enjoy Life

- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Happy Apple Cookies
- Soft Baked Lively Lemon Cookies

## **Cookies and Snack Bars (Cont'd)**

### **Enjoy Life**

Soft Baked No-Oats "Oatmeal" Cookie  
Soft Baked Snickerdoodle Cookie Pack  
Soft Baked Snickerdoodle Cookies

### **EnviroKidz**

Cheetah Organic Crispy Rice Bars, Berry  
Koala Organic Crispy Rice Bars, Chocolate  
Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle  
Panda Organic Crispy Rice Bars, Peanut Butter  
Penguin Organic Crispy Rice Bars, Fruity Burst

### **Pamela's Products**

Ginger Cookies with Sliced Almonds  
Peanut Butter Cookies

## **Crackers**

### **Mary's Gone Crackers**

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Onion  
Crackers, Original

## **Dairy**

### **Earth Balance**

Buttery Sticks  
Organic Whipped Buttery Spread  
Original Buttery Spread  
Soy Free Buttery Spread  
Soy Garden Buttery Spread

## **Dairy Alternatives**

### **Follow Your Heart**

Vegan Gourmet Cheddar  
Vegan Gourmet Monterey Jack  
Vegan Gourmet Mozzarella Cheese

### **So Delicious**

Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
Cinnamon Bun Dairy Free Yogurt

## **Dairy Alternatives (Cont'd)**

### **So Delicious**

Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Kefir  
Passionate Mango Cultured Coconut Milk Yogurt  
Peach Dairy Free Yogurt  
Pina Colada Cultured Coconut Milk Yogurt  
Plain Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt  
Strawberry Banna Cultured Coconut Milk Yogurt  
Strawberry Coconut Milk Kefir  
Strawberry Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Cultured Coconut Milk Yogurt

### **WestSoy**

Organic Soy Beverage, Unsweetened Original 64 oz  
Plus Soy Beverage, Plain 32 oz  
Plus Soy Beverage, Vanilla 32 oz  
Plus Soy Beverage, Vanilla 64 oz  
Soy Beverage, Unsweetened Chocolate 32 oz

## **Deli Style Meats and Cheeses**

### **Applegate Farms**

Organic Sliced Oven Roasted Chicken  
Sliced Honey Ham  
Sliced Honey Maple Turkey  
Sliced Hot Soppressata  
Sliced Organic Genoa Salami  
Sliced Organic Herb Turkey  
Sliced Organic Oven Roasted Turkey  
Sliced Organic Roast Beef  
Sliced Organic Smoked Chicken  
Sliced Organic Smoked Turkey  
Sliced Organic Uncured Ham  
Sliced Oven Roasted Sliced Turkey  
Sliced Slow Cooked Ham  
Sliced Smoked Turkey  
Sliced Turkey Bologna  
Sliced Turkey Salami

## Desserts

### French Meadow Bakery

Gluten Free Fudge Brownie

## Energy and Nutrition Bars/Drinks

### Bumble Bar

Chai with Almonds  
Chocolate Crisp  
Lushus Lemon  
Original with Almond  
Original with Cashew  
Original with Hazelnut  
Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking Mix  
Gluten Free Chocolate Chip Cookie Mix

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### Chebe

Focaccia Flatbread Mix  
Pizza Crust Mix

### Lundberg Farms

Organic Florentine Risotto  
Organic Tuscan Risotto

### Namaste

Brownie Mix

## Ethnic Foods

### Amy's

Organic Black Bean Enchilada Whole Meal  
Organic Black Bean Tamale Verde Whole Meal  
Organic Black Bean Vegetable Enchilada  
Organic Indian Mattar Tofu  
Organic Indian Vegetable Korma  
Organic Mexican Tamale Pie  
Organic Roasted Vegetable Tamale Whole Meal  
Organic Teriyaki Bowl

## Ethnic Foods (Cont'd)

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Traditional

### Organicville

Organic Island Teriyaki

### World Foods

Malaysian Sweet Chili Coconut Dipping Sauce  
Thai 'Pad Thai' Noodle Sauce  
Thai Coconut Galangal Stir Fry Sauce  
Thai Galangal Lemon Grass Stir Fry Sauce  
Thai Yellow Curry Ready to Pour Sauce

## Frozen Foods

### Amy's

Kids Baked Ziti Meal  
Organic Baked Ziti Bowl  
Organic Bistro Veggie Burger  
Organic Black Bean Enchilada Whole Meal  
Organic Black Bean Tamale Verde Whole Meal  
Organic Black Bean Vegetable Enchilada  
Organic Brown Rice & Vegetables Bowl  
Organic Brown Rice, Black-Eyed Peas & Veggies Bowl  
Organic Indian Mattar Tofu  
Organic Indian Vegetable Korma  
Organic Mexican Tamale Pie  
Organic Rice Crust Spinach Pizza  
Organic Roasted Vegetable Tamale Whole Meal  
Organic Shepherd's Pie, Light in Sodium  
Organic Teriyaki Bowl  
Organic Tofu Scramble

### Applegate Farms

Organic Turkey Burgers

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough  
Gluten Free Fudge Brownie

### Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free

## Frozen Foods (Cont'd)

### Ian's Natural Foods

Ian's Fish Sticks, Allergen Free  
Lightly Battered Fish, Wheat Free Gluten Free  
Popcorn Turkey Corn Dogs  
Soy Cheesy French Bread Pizza, Wheat Free  
Gluten Free

### It's Soy Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert  
Vanilla Non-Dairy Frozen Dessert

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Homestyle Waffles

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert  
Mocha Fudge Non-Dairy Frozen Dessert

### Purely Decadent

Blueberry Cheesecake Non-Dairy Frozen Dessert  
Cherry Nirvana Non-Dairy Frozen Dessert  
Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Chocolate Obsession Non-Dairy Frozen Dessert  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
Cookie Dough (Gluten Free) Non-Dairy Frozen  
Dessert  
Cookie Dough Non-Dairy Frozen Coconut Milk  
Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mint Chocolate Chip Non-Dairy Frozen Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk  
Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Praline Pecan Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Purely Vanilla Non-Dairy Frozen Dessert  
Turtle Trails Non-Dairy Frozen Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert

### So Delicious

Kidz Assorted Fruit Pops  
Raspberry Agave Sweetened Fruit Bar  
Vanilla Bar, Made with Coconut Milk

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free Homestyle Pancakes  
Wheat Free Homestyle Waffles  
Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz  
Traditional Organic Quinoa 12 oz

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed California White Basmati Rice  
Eco-Farmed California White Jasmine Rice  
Eco-Farmed Countrywild Gourmet Blend Rice  
Eco-Farmed Jubilee Gourmet Blend Rice  
Eco-Farmed Long Grain Brown Rice  
Eco-Farmed Short Grain Brown Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California Brown Jasmine Rice, 25 lb  
Organic California White Basmati Rice  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice  
Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

- Creamy Peanut Butter, 16 oz
- Creamy Peanut Butter, 26 oz
- Crunchy Peanut Butter, 26 oz
- Organic Creamy Peanut Butter, 16 oz
- Organic Crunchy Peanut Butter, 16 oz

### Earth Balance

- Creamy Natural Almond Butter
- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat Alternatives

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

### WestSoy

- Extra Firm Tofu, Tidal Wave 14 oz
- Firm Tofu, Water-Pack 14 oz

## Meat and Poultry

### Applegate Farms

- Big Apple Hot Dogs
- Organic Beef Hot Dogs
- Organic Hot Dogs
- Organic Turkey Burgers
- Organic Turkey Hot Dogs

## Nutritional Supplements

### Bob's Red Mill

- Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hemp Protein Powder
- Organic Golden Flaxseeds

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Rotelle 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz

## Pasta (Cont'd)

### Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Fusilli
- Organic Gluten Free Linguine
- Organic Gluten Free Penne Rigate
- Organic Gluten Free Rigatoni
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Penne

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce, Light in Sodium

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Spicy Chipotle Salsa

### Organicville

- Organic Island Teriyaki
- Organic Medium Salsa

### World Foods

- Malaysian Sweet Chili Coconut Dipping Sauce
- Thai 'Pad Thai' Noodle Sauce
- Thai Coconut Galangal Stir Fry Sauce

## Sauces, Salsas and Dips (Cont'd)

### World Foods

- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Yellow Curry Ready to Pour Sauce

### Seafood

#### Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock
- Crispy Battered Gluten Free Halibut

### Soups

#### Amy's

- Organic Black Bean Chili
- Organic Black Bean Vegetable Soup
- Organic Chunky Vegetable Soup
- Organic Curried Lentil Soup
- Organic Fire Roasted Southwestern Vegetable Soup
- Organic Lentil Soup
- Organic Lentil Soup, Light in Sodium
- Organic Lentil Vegetable Soup
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Medium Chili, Light in Sodium
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

#### Imagine Foods

- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 16 oz
- Corn & Lemongrass Soup 16 oz
- Corn & Lemongrass Soup 32 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Acorn Squash & Mango Soup 32 oz
- Organic Chicken Broth, Low Sodium 32 oz

## Soups (Cont'd)

### Imagine Foods

- Organic Corn Soup, Low Sodium 32 oz
- Organic Portabello Mushroom Soup 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Tomato Soup, Low Sodium 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 oz
- Potato Leek Soup 16 oz
- Potato Leek Soup 32 oz
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz

### Sweeteners

#### Lundberg Farms

- Organic Brown Rice Syrup