

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Jenkintown 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.

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Baked Goods

WFM Gluten Free Bakehouse

Almond Cookies
Carrot Cake

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Buckwheat Flour
Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix

Baking Needs (Cont'd)

Arrowhead Mills

Gluten Free Chocolate Chip Cookie Mix
Long Grain Brown Rice Flour
Millet Flour
White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Baking Soda
Cornstarch
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free Homemade Wonderful Bread Mix
Gluten Free Pancake Mix
Gluten Free Pizza Crust Mix
Gluten Free Sweet White Sorghum Flour
GlutenFree Rolled Oats
Hemp Protein Powder

Baking Needs (Cont'd)

Bob's Red Mill

- Organic Amaranth Flour
- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Perfect Pie Crust Mix

Hain

- Baking Powder

Namaste

- Biscuits, Piecrust & More
- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix

Pamela's Products

- Vanilla Frosting Mix

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Antioxidant Green Tea, 20 Ct
- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Chamomile Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Decaf Green Tea, 25 Ct
- Decaf Mint Green Tea, 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
- Red Zinger Tea, 20 Ct
- Sleepytime Extra 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
- Premium Fiber Bread
- Premium Flax Seed Bread

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Canned Goods

Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans
- Organic Refried Black Beans, Low in Sodium
- Organic Traditional Refried Beans
- Organic Vegetarian Baked Beans

Cereal

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats

Enjoy Life

- Cinnamon 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

Nature's Path

- Organic Crispy Rice Cereal
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Honey'd Corn Flakes, 26.4 oz
- 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, Barbecue Bliss
- Cassava Chips, Ginger on Fire

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

Glutino

- Pretzels, Unsalted

Lundberg Farms

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

Mary's Gone Crackers

- Sticks & Twigs, Curry
- Sticks & Twigs, Sea Salt
- Sticks & Twigs, Tomato Chipotle

Mr. Krispers

- Baked Rice Krisps, Sea Salt & Pepper

Condiments

Follow Your Heart

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

Condiments (Cont'd)

Follow Your Heart

Vegenaise, Original

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce

Spectrum

Canola Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 16 oz
Light Canola Eggless Mayonnaise, Squeeze Bottle
Organic Olive Oil Mayonnaise
Organic Soy Mayonnaise 16 oz
Organic Soy Mayonnaise, Squeeze Bottle

World Foods

Thai Coconut & Lime Salad Dressing

Cookies and Snack Bars

Arico

Almond Cranberry Cookies

Cherrybrook Kitchen Gluten Free Dreams

Vanilla Graham Mini Cookies

Cookies... For Me?

Bag of Chocolate Chip Cookies
Bag of Iced Lemon Sugar Cookies
Brownie
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
Soft Baked No-Oats "Oatmeal" Cookie

Cookies and Snack Bars (Cont'd)

EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry
Koala Organic Crispy Rice Bars, Chocolate
Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
Organic Vanilla Animal Cookies
Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Pamela's Products

Ginger Cookies with Sliced Almonds
Peanut Butter Cookies
Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

Almond Cookies

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Herb
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
Original (Plain) Coconut Milk Beverage

Dairy Alternatives (Cont'd)

So Delicious

- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 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 Smoked Turkey
- Sliced Turkey Bologna

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

Desserts (Cont'd)

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Original with Cashew
- Original with Hazelnut

Entrees and Mixes

Arrowhead Mills

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

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Namaste

- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix

Pamela's Products

- Vanilla Frosting Mix

Ethnic Foods

Amy's

- Organic Black Bean Enchilada Whole Meal
- Organic Indian Mattar Tofu
- Organic Mexican Tamale Pie

Ethnic Foods (Cont'd)

Amy's

Organic Roasted Vegetable Tamale Whole Meal
Organic Teriyaki Bowl
Organic Thai Stir-Fry

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Sundried Tomato & Garlic
Organic Polenta, Traditional

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

World Foods

Thai Coconut & Lime Salad Dressing
Thai Coconut Galangal Stir Fry Sauce
Thai Sweet Chili with Kaffir Lime Dipping Sauce

Frozen Foods

Amy's

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

Applegate Farms

Maple Breakfast Sausage
Organic Turkey Burgers

Frozen Foods (Cont'd)

French Meadow Bakery

Gluten Free Fudge Brownie

Ian's Natural Foods

Chicken Fingers, Allergen Free
French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Kids Meal, Mac No Cheese
Popcorn Turkey Corn Dogs
Soy Cheesy French Bread Pizza, Wheat Free Gluten Free
Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert
Awesome Chocolate Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert
Green Tea Non-Dairy Frozen Dessert
Raspberry 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
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Purely Decadent

- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Praline Pecan Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Snickerdoodle Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

So Delicious

- Coconut Almond Bar, Made with Coconut Milk
- Kidz Assorted Fruit Pops
- Orange Passion Fruit Agave Sweetened Fruit Bar
- Strawberry 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

Sweet Nothings

- Non-Dairy Fudge Bar

Van's

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

Grains and Rice

Ancient Harvest

- Inca Red Organic Quinoa 12 oz
- Traditional Organic Quinoa 12 oz

Lundberg Farms

- Eco-Farmed California White Arborio 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

Grains and Rice (Cont'd)

Lundberg Farms

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

Jams and Nut Butters

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

Meat and Poultry

Applegate Farms

- Big Apple Hot Dogs
- Chicken Apple Breakfast Sausage
- Maple Breakfast Sausage
- Organic Beef 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
- Hulled Hemp Seeds
- Organic Brown Flaxseeds
- Organic Golden Flaxseeds

Nuts, Seeds and Dried Fruits (Cont'd)

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Rotelle 8 oz

Quinoa Supergrain Pasta, Shells 8 oz

Bionaturae

Organic Gluten Free Elbows Pasta

Organic Gluten Free Fusilli

Organic Gluten Free Linguine

Organic Gluten Free Penne Rigate

Organic Gluten Free Spaghetti

DeBoles Foods

Corn Elbow Pasta

Corn Spaghetti

Multi-Grain Spaghetti

Rice Spirals

Lundberg Farms

Organic Brown Rice Penne Pasta

Organic Brown Rice Rotini Pasta

Organic Brown Rice Spaghetti Pasta

Pasta Sauce

Amy's

Organic Low Sodium Marinara Sauce

Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

Organic Black Bean & Corn Salsa

Organic Medium Salsa

Sauces, Salsas and Dips (Cont'd)

Amy's

Organic Mild Salsa

Organicville

Organic Island Teriyaki

Organic Mild Salsa

Organic Sesame Teriyaki

World Foods

Thai Coconut Galangal Stir Fry Sauce

Thai Sweet Chili with Kaffir Lime Dipping 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 with Vegetables

Organic Medium Chili, Light in Sodium

Organic Southwestern Black Bean Chili

Organic Spicy Chili

Organic Split Pea Soup

Organic Split Pea Soup, Light in Sodium

Organic Thai Coconut Soup (Tom Kha Phak)

Organic Tuscan Bean & Rice Soup

Soups (Cont'd)

Imagine Foods

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Corn & Lemongrass Soup 16 oz
- Corn & Lemongrass Soup 32 oz
- Creamy Tomato Soup 16 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
- Organic Corn Soup, Low Sodium 32 oz
- Organic Portabello Mushroom Soup 32 oz
- Organic Potato Soup, Low Sodium 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
- Vegetable Broth 32 oz

Spices and Seasonings

Bob's Red Mill

- Cornstarch

Sweeteners

Lundberg Farms

- Organic Brown Rice Syrup