

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Mason 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).

..  
..  
--  
--

### Baked Goods

#### WFM Gluten Free Bakehouse

- Almond Cookies
- Carrot Cake
- Honey Oat Bread
- Molasses Ginger Cookies

### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Long Grain Brown Rice Flour
- Millet Flour

### Baking Needs (Cont'd)

#### Arrowhead Mills

- White Rice Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Arrowroot Starch Flour
- Baking Soda
- Brown Rice Flour
- Flaxseed Meal
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Cornbread Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Organic Coconut Flour
- Potato Starch
- Tapioca Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

- Teff Flour
- White Rice Flour
- Xanthan Gum

### Chebe

- All-Purpose Mix
- Bread Sticks Mix, Garlic & Onion
- Focaccia Flatbread Mix
- Pizza Crust Mix

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Chocolate Truffle Brownie Mix
- French Bread & Pizza Mix
- Perfect Pie Crust Mix

### Hain

- Baking Powder

### Namaste

- Biscuits, Piecrust & More
- Blondie Mix
- Brownie Mix
- Cookie Mix
- Muffin Mix
- Perfect Flour Blend
- Spice Cake Mix

### Pamela's Products

- Classic Vanilla Cake Mix
- Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Cinnamon Apple Spice Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Decaf Green Tea, 25 Ct
- Lemon Zinger Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct

### So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

## Bread

### Glutino

- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

### WFM Gluten Free Bakehouse

- Honey Oat 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 Vegetarian Baked Beans

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

## Cereal (Cont'd)

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

### 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

### 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 Cornflakes

Organic Whole O's Cereal

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

## Chips, Pretzels and Snacks

### Arico

Cassava Chips, Barbecue Bliss

Cassava Chips, Original

### Food Should Taste Good

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

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

### Food Should Taste Good

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

Brown 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

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

### Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

### Spectrum

Canola Mayonnaise 16 oz

Light Canola Eggless Mayonnaise 16 oz

Organic Olive Oil Mayonnaise

Organic Omega-3 Mayonnaise with Flax 16 oz

Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Arico

Almond Cranberry Cookies  
Lemon Ginger Cookies

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini Cookies  
Vanilla Graham Mini Cookies

### Enjoy Life

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Chocolate Chip Cookie Pack  
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  
Soft Baked Snickerdoodle Cookie Pack  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### 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  
Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

### Pamela's Products

Organic Spicy Ginger Cookies

### WFM Gluten Free Bakehouse

Almond Cookies  
Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Onion

## Crackers (Cont'd)

### Mary's Gone Crackers

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  
Vegan Gourmet Nacho Cheese

### So Delicious

Blueberry Agave Sweetened Soy Yogurt  
Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
Cinnamon Bun Dairy Free Yogurt  
Original (Plain) Coconut Milk Beverage  
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 Agave Sweetened Soy Yogurt  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Plus Soy Beverage, Vanilla 64 oz

## **Deli Style Meats and Cheeses**

### **Applegate Farms**

- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Soppressata
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey
- 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

### **WFM Gluten Free Bakehouse**

- Carrot Cake

## **Energy and Nutrition Bars/Drinks**

### **Bumble Bar**

- Chai with Almonds
- Original with Almond

## **Entrees and Mixes**

### **Chebe**

- Bread Sticks Mix, Garlic & Onion
- Focaccia Flatbread Mix
- Pizza Crust Mix

### **Cherrybrook Kitchen**

- Chocolate Frosting Mix
- Vanilla Frosting Mix

### **Cherrybrook Kitchen Gluten Free Dreams**

- Chocolate Cake Mix

### **Lundberg Farms**

- Organic Florentine Risotto
- Organic Tuscan Risotto

### **Namaste**

- Blondie Mix
- Brownie Mix

## **Entrees and Mixes (Cont'd)**

### **Namaste**

- Cookie Mix
- Muffin Mix
- Spice Cake Mix

## **Ethnic Foods**

### **Amy's**

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Vegetable Korma
- Organic Roasted Vegetable Tamale Whole Meal

### **Food Merchants**

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

### **World Foods**

- Thai 'Pad Thai' Noodle Sauce
- Thai Red Curry Ready To Pour Sauce

## **Frozen Foods**

### **Amy's**

- Kids Baked Ziti Meal
- Organic Asian Noodle Stir-Fry
- 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, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Vegetable Korma
- 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

## Frozen Foods (Cont'd)

### Applegate Farms

Maple Breakfast Sausage  
Organic Turkey Burgers  
Sage Breakfast Sausage

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough  
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  
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

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

### Nature's Path

Organic Buckwheat Wildberry Waffles

### Organic So Delicious

Mocha Fudge Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

Blueberry Cheesecake Non-Dairy Frozen Dessert  
Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
Cookie Dough (Gluten Free) Non-Dairy Frozen  
Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Coconut  
Milk Dessert  
Snickerdoodle Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert

### So Delicious

Orange Passion Fruit Agave Sweetened Fruit Bar  
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 Arborio Rice  
Eco-Farmed Short Grain Brown Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California White Basmati Rice  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice  
Organic White Long Grain Rice

## Jams and Nut Butters

### Arrowhead Mills

Crunchy Peanut Butter, 16 oz  
Organic Crunchy Peanut Butter, 16 oz

### Earth Balance

Creamy Natural Almond Butter

## Meat and Poultry

### Applegate Farms

- Chicken Apple Breakfast Sausage
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Hot Dogs
- Organic Sliced Sunday Bacon
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hulled Hemp Seeds

### Enjoy Life

- Not Nuts! Mountain Mambo Trail Mix

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Rotelle 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

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

### DeBoles Foods

- Corn Elbow Pasta
- Corn Spaghetti
- Multi-Grain Spaghetti
- Rice Penne
- Rice Spirals

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Spaghetti Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta 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 Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

### World Foods

- Thai 'Pad Thai' Noodle Sauce
- Thai Red 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 with Vegetables
- Organic Medium Chili, Light in Sodium
- 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 32 oz
- Corn & Lemongrass Soup 16 oz

## **Soups (Cont'd)**

### **Imagine Foods**

- Corn & Lemongrass Soup 32 oz
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 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 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

### **Sweeteners**

#### **Lundberg Farms**

- Brown Rice Syrup