

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Mount Washington 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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### Baked Goods

#### WFM Gluten Free Bakehouse

- Almond Cookies
- Carrot Cake
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

- Organic Quinoa Flour 18 oz

### Baking Needs (Cont'd)

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- White Rice Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Brown Rice Flour
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Brownie Mix
- Gluten Free Cornbread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hemp Protein Powder
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Potato Starch
- Teff Flour
- Xanthan Gum

### Chebe

- All-Purpose Mix
- Focaccia Flatbread Mix

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

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

### Hain

- Baking Powder

### Namaste

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

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Gluten-Free Bread 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
- 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

### 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 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 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

### Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats

### Enjoy Life

- Cranapple Crunch Granola
- Very Berry Crunch Granola

### EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch 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

## Chips, Pretzels and Snacks

### Food Should Taste Good

- Buffalo Tortilla Chips 6 oz
- Cinnamon Tortilla Chips 5.5 oz
- Multigrain Tortilla Chips 12 oz
- Sweet Potato Tortilla Chips 6 oz
- The Works! Tortilla Chips 6 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
- Buttery Caramel Rice Cakes
- Organic Brown Rice Cakes
- Organic Koku Seaweed Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Wild Rice Cakes
- Sante Fe BBQ Rice Chips
- Unsalted Brown Rice Cakes

### 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, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

### 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

## Condiments (Cont'd)

### Spectrum

Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### 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

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

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry  
Breakfast Bars, Chocolate

### Pamela's Products

Ginger Cookies with Sliced Almonds  
Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

Almond Cookies  
Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

Crackers, Black Pepper  
Crackers, Herb  
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

### 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  
Original (Plain) Coconut Milk Kefir  
Passionate Mango Cultured Coconut Milk Yogurt  
Peach Dairy Free Yogurt  
Pina Colada Cultured Coconut Milk Yogurt  
Plain Agave Sweetened Soy Yogurt  
Plain Cultured Coconut Milk Yogurt  
Raspberry Dairy Free 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

## Dairy Alternatives (Cont'd)

### WestSoy

- Longevity Soy Beverage, Plain 32 oz
- 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

## Deli Style Meats and Cheeses

### Applegate Farms

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

## Desserts

### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chai with Almonds
- Original with Almond
- Original with Cashew
- Original with Hazelnut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## Entrees and Mixes (Cont'd)

### Chebe

- Focaccia Flatbread Mix

### 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

## 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 Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- 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

### World Foods

- Indonesian Fried Rice 'Nasi Goreng' Paste
- Malaysian Sweet Chili Coconut Dipping Sauce
- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Green Curry Paste
- Thai Green Curry Ready To Pour Sauce

## Ethnic Foods (Cont'd)

### World Foods

Thai Sweet Chili with Kaffir Lime Dipping 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  
Organic Brown Rice & Vegetables Bowl, Light in Sodium  
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 Single Serve Non-Dairy Rice Crust Cheeze Pizza  
Organic Teriyaki Bowl  
Organic Thai Stir-Fry  
Organic Tofu Scramble

### Applegate Farms

Organic Turkey Burgers

### Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Popcorn Turkey Corn Dogs

### It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert  
Awesome Chocolate Non-Dairy Frozen Dessert  
Chocolate Almond Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### It's Soy Delicious

Chocolate Peanut Butter 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 So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert  
Mocha Fudge Non-Dairy Frozen Dessert  
Neopolitan 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  
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 Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Pomegranate Chip Non-Dairy Frozen Dessert  
Praline Pecan Non-Dairy Frozen Dessert  
Purely Vanilla Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

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  
Raspberry 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 Homestyle Pancakes  
Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Traditional Organic Quinoa 12 oz

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
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 Long Grain Brown Rice  
Eco-Farmed Short Grain Brown Rice  
Eco-Farmed Wild Blend Gourmet Blend 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

### 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

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  
Hulled Hemp Seeds

## Pasta

### Ancient Harvest

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

### Bionaturae

Organic Gluten Free Elbows Pasta  
Organic Gluten Free Fusilli  
Organic Gluten Free Linguine

## Pasta (Cont'd)

### Bionaturae

- Organic Gluten Free Penne Rigate
- Organic Gluten Free Rigatoni
- Organic Gluten Free Spaghetti

### DeBoles Foods

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

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta
- Organic Brown Rice Spaghetti 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, Sundried Tomato & Garlic
- Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

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

### Organicville

- Organic Medium Salsa

### World Foods

- Malaysian Sweet Chili Coconut Dipping Sauce
- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Green Curry Ready To Pour Sauce

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

### World Foods

- 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 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
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Acorn Squash & Mango Soup 32 oz

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

### **Imagine Foods**

- 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, 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**

### **World Foods**

- Indonesian Fried Rice 'Nasi Goreng' Paste
- Thai Green Curry Paste

## **Sweeteners**

### **Lundberg Farms**

- Organic Brown Rice Syrup