

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## P Street 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

Honey Oat Bread  
Molasses Ginger Cookies

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

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

### Baking Needs (Cont'd)

#### Arrowhead Mills

Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
White Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Flaxseed Meal  
Garbanzo Bean Flour  
Gluten Free Cornbread Mix  
Gluten Free Pizza Crust Mix  
Organic Amaranth Flour  
Organic Coconut Flour  
Organic Flaxseed Meal  
Organic Golden Flaxseeds  
Potato Starch  
Tapioca Flour  
Teff Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

White Rice Flour  
Xanthan Gum

### Chebe

Pizza Crust Mix

### Cherrybrook Kitchen

Chocolate Frosting Mix  
Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Sugar Cookie Mix

### Earth Balance

Shortening

### Gluten Free Pantry

Spice Cake & Gingerbread Mix

### Hain

Baking Powder

### Namaste

Brownie Mix  
Pizza Crust Mix

### Pamela's Products

Classic Vanilla Cake 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  
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

## Beverages (Cont'd)

### Celestial Seasonings

Peppermint Tea, 20 Ct  
Raspberry Zinger Tea, 20 Ct  
Red 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  
Premium Fiber Bread  
Premium Flax Seed Bread

### WFM Gluten Free Bakehouse

Honey Oat Bread

## 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 Refried Black Beans, Low in Sodium  
Organic Traditional Refried Beans  
Organic Traditional Refried Beans, Light in Sodium

## Canned Goods (Cont'd)

### Amy's

Organic Vegetarian Baked Beans

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Sweetened Organic Rice Flakes

### 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

### 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 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, Original

Cassava Chips, Sea Salt Mist

### Food Should Taste Good

Buffalo Tortilla Chips 6 oz

Cinnamon 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

Brown Rice Cakes

Buttery Caramel Rice Cakes

Organic Brown Rice Cakes

Organic Unsalted Brown Rice Cakes

Organic Wild Rice Cakes

Unsalted Brown Rice Cakes

### Mary's Gone Crackers

Sticks & Twigs, Curry

Sticks & Twigs, Sea Salt

## Condiments

### Follow Your Heart

Vegenaise, Grapeseed Oil

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

Vegenaise, Original

### Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

## Condiments (Cont'd)

### 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
- Lemon Ginger Cookies

### Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Graham Mini Cookies

### Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Happy Apple Cookies
- Soft Baked No-Oats "Oatmeal" Cookie
- 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
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

## Cookies and Snack Bars (Cont'd)

### Pamela's Products

- Ginger Cookies with Sliced Almonds
- Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion

## 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

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

Original with Almond  
Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

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

### Chebe

Pizza Crust Mix

### Cherrybrook Kitchen

Chocolate Frosting Mix  
Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Sugar Cookie Mix

### Lundberg Farms

Organic Florentine Risotto

### Namaste

Brownie Mix  
Pizza Crust 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

### Organicville

Organic Sesame Teriyaki

### World Foods

Indonesian Fried Rice 'Nasi Goreng' Paste  
Malaysian Rendang Curry Ready to Pour Sauce  
Malaysian Sweet Chili Coconut Dipping Sauce

## **Ethnic Foods (Cont'd)**

### **World Foods**

- Thai Coconut & Lime Salad Dressing
- Thai Coconut Galangal Stir Fry Sauce
- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Green Curry Paste
- Thai Green Curry Ready To Pour Sauce
- Thai Red Curry Paste
- Thai Red Curry Ready To Pour Sauce
- Thai Sweet Chili with Kaffir Lime Dipping Sauce
- Thai Yellow 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
- 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**

- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

## **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
- Kids Meal, Mac No Cheese
- Popcorn Turkey Corn Dogs
- 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**

- 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
- Dulce De Leche Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

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  
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  
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 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 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  
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, 26 oz  
Crunchy Peanut Butter, 26 oz

### Earth Balance

Creamy Natural Almond Butter  
Crunchy Natural Peanut Butter

## Meat Alternatives

### WestSoy

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

## Meat and Poultry

### Applegate Farms

Big Apple Hot Dogs  
Chicken Apple Breakfast Sausage  
Maple Breakfast Sausage  
Organic Beef Hot Dogs  
Organic Hot Dogs  
Organic Turkey Burgers  
Organic Turkey Hot Dogs  
Sage Breakfast Sausage

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

Hulled Hemp Seeds  
Organic Golden Flaxseeds

## 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 Penne Rigate  
Organic Gluten Free Rigatoni  
Organic Gluten Free Spaghetti

### DeBoles Foods

Corn Elbow Pasta  
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  
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  
Organic Sesame Teriyaki

### World Foods

Malaysian Rendang Curry Ready to Pour Sauce  
Malaysian Sweet Chili Coconut Dipping Sauce  
Thai Coconut Galangal Stir Fry Sauce  
Thai Galangal Lemon Grass Stir Fry Sauce  
Thai Green Curry Ready To Pour Sauce  
Thai Red Curry Ready To Pour Sauce  
Thai Sweet Chili with Kaffir Lime Dipping 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 with Vegetables  
Organic Medium Chili, Light in Sodium

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

### **Amy's**

- 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
- 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**

### **World Foods**

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

## **Sweeteners**

### **Lundberg Farms**

- Organic Brown Rice Syrup