

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Reston 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

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

Bob's Red Mill

Almond Flour
Arrowroot Starch Flour
Brown Rice Flour
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Cornbread Mix
Gluten Free Homemade Wonderful Bread Mix

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Organic Amaranth Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

Chebe

- Pizza Crust Mix

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- French Bread & Pizza Mix

Hain

- Baking Powder

Namaste

- Blondie Mix
- Brownie Mix
- Perfect Flour Blend
- Pizza Crust Mix
- Spice Cake Mix
- Vanilla 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
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Decaf Mint Green Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger 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
- 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 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
- Organic Yellow Corn Grits

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 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

Cheese (Cont'd)

Follow Your Heart

- Vegan Gourmet Mozzarella Cheese

Chips, Pretzels and Snacks

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

- 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
- Unsalted Brown Rice Cakes

Mary's Gone Crackers

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

Condiments

Follow Your Heart

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

Condiments (Cont'd)

Organicville

- Organic Dressing, Non Dairy Ranch
- 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
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Arico

- Almond Cranberry Cookies

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 Snickerdoodle Cookies

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

- Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

- Crackers, Caraway
- 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
- Vegan Gourmet Mozzarella Cheese

So Delicious

- 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 Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Raspberry Dairy Free Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

So Delicious

- 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, 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 Slow Cooked Ham
- 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
- Lushus Lemon
- Original with Almond

Energy and Nutrition Bars/Drinks (Cont'd)

Bumble Bar

- 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

- Pizza Crust Mix

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Namaste

- Blondie Mix
- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Vanilla Cake 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

Ethnic Foods (Cont'd)

Amy's

Organic Teriyaki Bowl

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

Organicville

Organic Island Teriyaki

World Foods

Malaysian Sweet Chili Coconut Dipping 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 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 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 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

French Toast Sticks, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Soy Cheesy French Bread Pizza, 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

Chocolate Peanut Butter Non-Dairy Frozen Dessert

Green Tea 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

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 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
Purely Vanilla 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 Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free Homestyle Pancakes
Wheat Free Homestyle Waffles
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 Countrywild Gourmet Blend Rice
Eco-Farmed Jubilee Gourmet Blend Rice
Eco-Farmed Long Grain Brown Rice
Eco-Farmed Wild Blend Gourmet Blend Rice
Organic California Brown Basmati Rice
Organic California White Basmati Rice

Grains and Rice (Cont'd)

Lundberg Farms

Organic Long Grain Brown Rice
Organic Short Grain Brown Rice
Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

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

Earth Balance

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
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
Organic Golden Flaxseeds

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Pasta

Ancient Harvest

- 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

DeBoles Foods

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

Lundberg Farms

- 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 Medium Salsa
- Organic Mild Salsa

Organicville

- Organic Island Teriyaki
- Organic Mild Salsa

World Foods

- Malaysian Sweet Chili Coconut Dipping Sauce

Sauces, Salsas and Dips (Cont'd)

World Foods

- Thai Coconut Galangal Stir Fry Sauce
- 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 with Vegetables
- Organic Medium Chili, Light in Sodium
- 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 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 32 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
- Organic Corn Soup, Low Sodium 32 oz

Soups (Cont'd)

Imagine Foods

- Organic Portabello Mushroom Soup 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Tomato Soup 32 oz
- Organic Tomato Soup, Low Sodium 32 oz
- Organic Vegetable Broth, Low Sodium 32 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
- Organic Brown Rice Syrup