

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Rockville 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

Carrot Cake

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Buckwheat Flour

Gluten Free All Purpose Baking Mix

Gluten Free Pancake & Baking Mix

Long Grain Brown Rice Flour

### Baking Needs (Cont'd)

#### Arrowhead Mills

Millet Flour

White Rice Flour

Yellow Corn Meal

#### Bob's Red Mill

Almond Flour

Brown Rice Flour

Cornstarch

Gluten Free All Purpose Baking Flour

Gluten Free Cornbread Mix

Gluten Free Pancake Mix

Gluten Free Pizza Crust Mix

Organic Amaranth Flour

Organic Flaxseed Meal

Organic Golden Flaxseed Meal

Organic Golden Flaxseeds

Potato Starch

Tapioca Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

White Rice Flour  
Xanthan Gum

### Chebe

Focaccia Flatbread Mix

### Cherrybrook Kitchen

Chocolate Frosting Mix  
Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

### Earth Balance

Shortening

### Enjoy Life

Semi-Sweet Chocolate Chips

### Hain

Baking Powder

### Namaste

Biscuits, Piecrust & More  
Brownie Mix  
Perfect Flour Blend  
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  
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  
Mandarin Orange Spice Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

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 Tea, 20 Ct  
Sleepytime Throat Tamer Tea, 20 Ct  
Tangerine Orange Zinger 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

### 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

## Canned Goods

### Amy's

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

### Arrowhead Mills

Maple Buckwheat Organic Flakes  
Organic Rice & Shine Hot Cereal  
Organic Yellow Corn Grits

### Enjoy Life

Cinnamon Crunch Granola  
Cranapple 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, Ginger on Fire  
Cassava Chips, Original  
Cassava Chips, Sea Salt Mist

### 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

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

### Food Should Taste Good

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 Koku Seaweed Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Wild Rice Cakes  
Unsalted Brown Rice Cakes

### Mary's Gone Crackers

Sticks & Twigs, Curry  
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, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

### Spectrum

Canola Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 32 oz

## Condiments (Cont'd)

### Spectrum

- 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

### World Foods

- Thai Coconut & Lime Salad Dressing

## Cookies and Snack Bars

### Arico

- Almond Cranberry Cookies
- Lemon Ginger Cookies

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip 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 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
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

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

## Cookies and Snack Bars (Cont'd)

### Pamela's Products

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

## Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- 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 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
- 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
- Unsweetened Coconut Milk Beverage

## Dairy Alternatives (Cont'd)

### So Delicious

Vanilla Agave Sweetened Soy Yogurt  
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 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 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

### WFM Gluten Free Bakehouse

Carrot Cake

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking 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 Chip 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 Mexican Tamale Pie  
Organic Roasted Vegetable Tamale Whole Meal  
Organic Teriyaki Bowl

### Food Merchants

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

### World Foods

Malaysian Rendang Curry Ready to Pour Sauce  
Malaysian Sweet Chili Coconut Dipping Sauce  
Thai 'Pad Thai' Noodle Sauce  
Thai Coconut & Lime Salad Dressing  
Thai Coconut Galangal Stir Fry Sauce  
Thai Green Curry Paste  
Thai Green Curry Ready To Pour Sauce  
Thai Red Curry Paste

## Ethnic Foods (Cont'd)

### World Foods

- Thai Red Curry Ready To Pour Sauce
- 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 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 Tofu Scramble

### Applegate Farms

- Organic Turkey Burgers

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

### 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
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

## Frozen Foods (Cont'd)

### 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
- 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
- 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 Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Dulce De Leche Non-Dairy Frozen 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
- Snickerdoodle Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### 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  
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 Flax Waffles  
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 Brown Basmati Rice  
Eco-Farmed California White Arborio 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 Basmati Rice  
Organic California White Basmati Rice  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice  
Organic Wild Rice

## Jams and Nut Butters

### 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

## Meat and Poultry

### Applegate Farms

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

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

Organic Golden Flaxseeds

## Pasta

### Ancient Harvest

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  
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  
Rice Spirals

### 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

### World Foods

- Malaysian Rendang Curry Ready to Pour Sauce
- Malaysian Sweet Chili Coconut Dipping Sauce
- Thai 'Pad Thai' Noodle Sauce
- Thai Coconut Galangal 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

## 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

## Soups (Cont'd)

### Amy's

- 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 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 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

### **World Foods**

Thai Green Curry Paste

Thai Red Curry Paste

## **Sweeteners**

### **Lundberg Farms**

Brown Rice Syrup

Organic Brown Rice Syrup