

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Springfield 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
Honey Oat Bread
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
Long Grain Brown Rice Flour
Millet Flour
White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Brown Rice Flour
Cornstarch
Flaxseed Meal
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

- Organic Amaranth Flour
- Organic Brown Flaxseeds
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Namaste

- Brownie Mix
- Perfect Flour Blend
- Pizza Crust Mix
- Spice Cake Mix

Beverages

Celestial Seasonings

- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Decaf Green Tea, 25 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct

So Delicious

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

Bread

Enjoy Life

- Cinnamon Raisin Bagels

WFM Gluten Free Bakehouse

- Honey Oat Bread

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

Cereal

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

EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Koala Crisp 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 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, 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
The Works! Tortilla Chips 6 oz
Yellow Corn Tortilla Chips 11 oz

Food Should Taste Good

Chocolate 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

Mr. Krispers

Baked Rice Krisps, Sea Salt & Pepper

Condiments

Follow Your Heart

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

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sundried Tomato & Garlic
Vinaigrette

Spectrum

Canola Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 16 oz
Light Canola Eggless Mayonnaise, Squeeze Bottle

Condiments (Cont'd)

Spectrum

Organic Olive Oil Mayonnaise
Organic Omega-3 Mayonnaise with Flax 16 oz
Organic Soy Mayonnaise 16 oz

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
Vanilla Graham Mini Cookies

Enjoy Life

Soft Baked Chewy Chocolate Chip Cookies
Soft Baked No-Oats "Oatmeal" Cookie
Soft Baked Snickerdoodle Cookies

EnviroKidz

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

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Jennie's

Coconut Macaroons

Pamela's Products

Ginger Cookies with Sliced Almonds

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Caraway
Crackers, Herb
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
- Plain Agave Sweetened Soy Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Dairy Free 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

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Vanilla 32 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

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

- 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

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)

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Lundberg Farms

- 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

Ethnic Foods (Cont'd)

Amy's

- 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, Traditional

World Foods

- Malaysian Rendang Curry Ready to Pour Sauce
- Thai Coconut & Lime Salad Dressing
- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Green Curry Paste
- Thai Green Curry Ready To Pour Sauce
- Thai Red Curry Paste

Frozen Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Bistro Veggie Burger
- Organic Black Bean Enchilada Whole Meal
- 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 Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie, Light in Sodium
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

Applegate Farms

- Maple Breakfast Sausage
- Organic Turkey Burgers

Frozen Foods (Cont'd)

French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough
- Gluten Free Fudge Brownie

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen 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
- Mocha Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
- Key Lime Pie Non-Dairy Frozen Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Praline Pecan Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert

So Delicious

- Coconut Almond Bar, Made with Coconut Milk
- Orange Passion Fruit Agave Sweetened Fruit Bar
- Strawberry Agave Sweetened Fruit Bar

Frozen Foods (Cont'd)

Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock
- Crispy Battered Gluten Free Halibut

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Flax Waffles
- Wheat Free Homestyle Pancakes
- 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 Basmati 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 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)

Meat and Poultry

Applegate Farms

- Big Apple Hot Dogs
- Chicken Apple Breakfast Sausage

Meat and Poultry (Cont'd)

Applegate Farms

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

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Organic Brown Flaxseeds
- 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

Bionaturae

- Organic Gluten Free Linguine
- Organic Gluten Free Rigatoni

DeBoles Foods

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

Lundberg Farms

- Organic Brown Rice Penne 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, Traditional

Sauces, Salsas and Dips

Amy's

Organic Black Bean & Corn Salsa

Organic Medium Salsa

Organicville

Organic Medium Salsa

Organic Mild Salsa

World Foods

Malaysian Rendang Curry Ready to Pour Sauce

Thai Galangal Lemon Grass Stir Fry Sauce

Thai Green 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 Southwestern Black Bean Chili

Organic Spicy Chili

Organic Spicy Chili, Light in Sodium

Organic Split Pea Soup

Organic Split Pea Soup, Light in Sodium

Soups (Cont'd)

Amy's

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

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, 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

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