

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wynnewood 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

- Almond Cookies
- Carrot Cake
- Honey Oat Bread
- Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

- Buckwheat Flour
- Long Grain Brown Rice Flour
- White Rice Flour

Baking Needs (Cont'd)

Arrowhead Mills

- Yellow Corn Meal

Bob's Red Mill

- Almond Flour
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Brownie Mix
- Gluten Free Cornbread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hemp Protein Powder
- Organic Amaranth Flour
- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Golden Flaxseeds
- Potato Starch

Baking Needs (Cont'd)

Bob's Red Mill

Xanthan Gum

Chebe

All-Purpose Mix
Focaccia Flatbread Mix
Pizza Crust Mix

Cherrybrook Kitchen

Chocolate Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Sugar Cookie Mix

Earth Balance

Shortening

Enjoy Life

Semi-Sweet Chocolate Chips

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

Bengal Spice Tea, 20 Ct
Chamomile Tea, 20 Ct
Cinnamon Apple Spice Tea, 20 Ct
Country Peach Passion
Decaf Green Tea, 25 Ct
Honey Vanilla Chamomile Tea, 20 Ct
Lemon Zinger Green Tea, 20 Ct
Lemon Zinger Tea, 20 Ct
Peppermint 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

Beverages (Cont'd)

Celestial Seasonings

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

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 Black Beans, Low in Sodium
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

Cinnamon Crunch Granola
Cranapple Crunch Granola

Cereal (Cont'd)

Enjoy Life

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 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

Food Should Taste Good

Buffalo Tortilla Chips 6 oz
Cinnamon Tortilla Chips 5.5 oz
Lime Tortilla Chips 5.5 oz
Potato & Chive Tortilla Chips 5.5 oz
Sweet Potato Tortilla Chips 6 oz
The Works! Tortilla Chips 6 oz

Food Should Taste Good

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

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

Organic Sea Salt Rice Chips
Organic Unsalted Brown Rice Cakes
Organic Wild Rice Cakes
Sante Fe BBQ Rice Chips
Unsalted Brown Rice Cakes

Mary's Gone Crackers

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

Mr. Krispers

Baked Rice Krisps, Sea Salt & Pepper

Condiments

Follow Your Heart

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

Organicville

Organic Ketchup

Spectrum

Canola Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 16 oz
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

Cookies... For Me?

Brownie
Chocolate Chip Cookie
Dairy Free Sugar Cookie

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked No-Oats "Oatmeal" Cookie
Soft Baked Snickerdoodle Cookies
Very Berry Snack Bars

Cookies and Snack Bars (Cont'd)

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- 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

Pamela's Products

- Peanut Butter Cookies
- Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

- Almond Cookies
- Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

- 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

Dairy Alternatives (Cont'd)

So Delicious

- Original (Plain) Coconut Milk Beverage
- Passionate Mango Cultured Coconut Milk Yogurt
- Peach Dairy Free Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Raspberry Dairy Free Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- 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 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

Energy and Nutrition Bars/Drinks

Bumble Bar

Chai with Almonds

Chocolate Crisp

Original with Almond

Original with Cashew

Original with Hazelnut

Original with Peanut

Entrees and Mixes

Bob's Red Mill

TVP (Textured Vegetable Protein)

Chebe

Focaccia Flatbread Mix

Pizza Crust Mix

Cherrybrook Kitchen

Chocolate Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

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 Black Bean Enchilada 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

Ethnic Foods (Cont'd)

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

Organicville

Organic Island Teriyaki

World Foods

Malaysian Sweet Chili Coconut Dipping Sauce

Thai 'Pad Thai' Noodle 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 Vegetable Enchilada

Organic Brown Rice & Vegetables 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

Organic Tofu Scramble

Applegate Farms

Maple Breakfast Sausage

Organic Turkey Burgers

Ian's Natural Foods

Chicken Fingers, Allergen Free

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

Frozen Foods (Cont'd)

It's Soy Delicious

Green Tea 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

Mocha Fudge Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Mint Chocolate Chip Non-Dairy Frozen Dessert

Passionate Mango Non-Dairy Frozen Coconut Milk 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

Raspberry Agave Sweetened Fruit Bar

Strawberry Agave Sweetened Fruit Bar

Starfish

Crispy Battered Gluten Free Cod

Crispy Battered Gluten Free Haddock

Crispy Battered Gluten Free Halibut

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Buckwheat Waffles

Wheat Free Homestyle Pancakes

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 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 Short Grain Brown Rice

Eco-Farmed Wild Blend Gourmet Blend Rice

Organic California Brown Basmati Rice

Organic California Brown Jasmine Rice, 25 lb

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

Crunchy Peanut Butter, 26 oz

Organic Crunchy Peanut Butter, 16 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)

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

Nutritional Supplements

Bob's Red Mill

Hemp Protein Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Hemp Protein Powder

Organic Brown Flaxseeds

Organic Golden Flaxseeds

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Rotelle 8 oz

Quinoa Supergrain Pasta, Shells 8 oz

Bionaturae

Organic Gluten Free Penne Rigate

DeBoles Foods

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 Spaghetti Pasta

Pasta Sauce

Amy's

Organic Family Marinara Pasta Sauce

Organic Low Sodium Marinara Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

Organic Black Bean & Corn Salsa

Organic Medium Salsa

Organic Mild Salsa

Sauces, Salsas and Dips (Cont'd)

Amy's

Organic Spicy Chipotle Salsa

Organicville

Organic Island Teriyaki

Organic Mild Salsa

World Foods

Malaysian Sweet Chili Coconut Dipping Sauce

Thai 'Pad Thai' Noodle 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 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

Soups (Cont'd)

Imagine Foods

- 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 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 Vegetable Broth, Low Sodium 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 32 oz

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup