

# 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](mailto:WFMSpecialDiets@wholefoods.com).

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### Baked Goods

#### WFM Gluten Free Bakehouse

Carrot Cake  
Honey Oat Bread  
Molasses Ginger Cookies  
Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free Chocolate Chip Cookie Mix  
Long Grain Brown Rice Flour

### Baking Needs (Cont'd)

#### Arrowhead Mills

White Rice Flour  
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 Homemade Wonderful Bread Mix  
Gluten Free Pancake Mix  
Gluten Free Pizza Crust Mix  
Gluten Free Sweet White Sorghum Flour  
GlutenFree Rolled Oats  
Organic Amaranth Flour  
Organic Brown Flaxseeds  
Organic Coconut Flour  
Organic Golden Flaxseeds

## Baking Needs (Cont'd)

### Bob's Red Mill

Tapioca Flour  
Xanthan Gum

### Cherrybrook Kitchen

Chocolate Frosting Mix  
Vanilla Frosting  
Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix  
Sugar Cookie Mix

### Earth Balance

Shortening

### Enjoy Life

Semi-Sweet Chocolate Chips

### Gluten Free Pantry

Chocolate Chip Cookie & Cake Mix  
Perfect Pie Crust Mix

### Hain

Baking Powder

### Namaste

Perfect Flour Blend

## Beverages

### 365 Every Day Value™

Black Cherry Soda  
Cherry Vanilla Creme Soda  
Cola  
Ginger Ale  
Key Lime Soda  
Orange Creme Soda  
Raspberry Soda  
Root Beer Soda

### Celestial Seasonings

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

## Beverages (Cont'd)

### Celestial Seasonings

Mint Magic Tea, 20 Ct  
Peppermint Tea, 20 Ct  
Red Zinger Tea, 20 Ct  
Sleepytime Extra Tea, 20 Ct  
Sleepytime Tea, 20 Ct  
Tangerine Orange Zinger Tea, 20 Ct  
Tension Tamer Tea, 20 Ct

### So Delicious

Original (Plain) Coconut Milk Beverage  
Vanilla Coconut Milk Beverage

## 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, 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

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal  
GlutenFree Rolled Oats

## Cereal (Cont'd)

### 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 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
- 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 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 Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Cookies... For Me?

- Brownie
- 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 Gingerbread Spice Cookie
- Soft Baked Happy Apple 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

### **WFM Gluten Free Bakehouse**

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  
French Vanilla Coconut Milk Creamer  
Hazelnut Coconut Milk Creamer  
Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer

## **Dairy Alternatives (Cont'd)**

### **So Delicious**

Original (Plain) Coconut Milk Kefir  
Passionate Mango Cultured Coconut Milk Yogurt  
Plain Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt  
Strawberry Banna Cultured Coconut Milk Yogurt  
Strawberry Coconut Milk Kefir  
Strawberry Cultured Coconut Milk 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  
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

Original with Almond  
Original with Hazelnut  
Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Chocolate Chip Cookie Mix

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### 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

## Ethnic Foods

### Amy's

Organic Asian Noodle Stir-Fry  
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

## Ethnic Foods (Cont'd)

### World Foods

Malaysian Sweet Chili Coconut Dipping Sauce  
Thai Galangal Lemon Grass Stir Fry Sauce  
Thai Yellow Curry Ready to Pour Sauce

## Frozen Foods

### Amy's

Kids Baked Ziti Meal  
Organic Asian Noodle Stir-Fry  
Organic Bistro Veggie Burger  
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

Organic Turkey Burgers

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
French Toast Sticks, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free

### It's Soy Delicious

Green Tea Non-Dairy Frozen Dessert

### Nature's Path

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

## Frozen Foods (Cont'd)

### Purely Decadent

- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Passionate Mango Non-Dairy Frozen Coconut Milk 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

### Van's

- Wheat Free Buckwheat Waffles
- Wheat Free Homestyle Pancakes

## 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

## 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
- 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
- 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

- Hulled Hemp Seeds
- Organic Brown Flaxseeds
- Organic Golden Flaxseeds

### Gerbs Pumpkin Seeds

- Roasted Red Pepper Pumpkin Seed Kernels
- Toasted Onion & Garlic Pumpkin Seed Kernels
- Touch of Salt Pumpkin Seed Kernels
- Whole Roasted Lightly Salted Pumpkin Seeds

## Pasta

### Ancient Harvest

Quinoa Supergrain Pasta, Rotelle 8 oz

### Bionaturae

Organic Gluten Free Penne Rigate

### DeBoles Foods

Corn Spaghetti

Multi-Grain Penne

Multi-Grain Spaghetti

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

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 Mild Salsa

### World Foods

Malaysian Sweet Chili Coconut Dipping Sauce

Thai Galangal Lemon Grass Stir Fry Sauce

Thai Yellow Curry Ready to Pour Sauce

## Seafood

### Starfish

Crispy Battered Gluten Free Cod

## 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

### Imagine Foods

Broccoli Soup 32 oz

Butternut Squash 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 Vegetable Broth, Low Sodium 32 oz

Tomato Basil Soup 32 oz

Vegetable Broth 32 oz

## Sweeteners

### Lundberg Farms

Organic Brown Rice Syrup