

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Evanston Store, Midwest 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  
Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
White Rice Flour  
Yellow Corn Meal

### Baking Needs (Cont'd)

#### Bob's Red Mill

Almond Flour  
Arrowroot Starch Flour  
Baking Soda  
Flaxseed Meal  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Cornmeal  
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 Brown Rice Flour  
Organic Golden Flaxseed Meal  
Organic Golden Flaxseeds

## Baking Needs (Cont'd)

### Bob's Red Mill

- Potato Starch
- Tapioca Flour
- Teff Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting Mix

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix

### Namaste

- Waffle & Pancake Mix

## 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

- Antioxidant Green Tea, 20 Ct
- Authentic Green Tea, 20 Ct
- Authentic Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mint Green Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Perfectly Pear White Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- True Blueberry, 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

### French Meadow Bakery

- Gluten Free Tortillas, 7"

### Glutino

- Premium Brown Rice Bread, Homestyle
- Premium Cinnamon & Raisin Bread
- Premium Fiber Bread
- Premium Flax Seed Bread

## Canned Goods

### Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans
- Organic Refried Black Beans, Low in Sodium
- Organic Traditional Refried Beans
- Organic Traditional Refried Beans, Light in Sodium

## Canned Goods (Cont'd)

### Amy's

Organic Vegetarian Baked Beans

## Cereal

### Amy's

Organic Cream of Rice Hot Cereal Bowl

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Bakery On Main

Extreme Fruit & Nut Gluten Free Granola

Nutty Cranberry Gluten Free Granola

Rainforest Gluten Free Granola

### Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

### Enjoy Life

Very Berry Crunch Granola

### EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Gorilla Munch Organic Cereal, 23 oz

Koala Crisp Organic Cereal

Koala Crisp Organic Cereal, 26 oz

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic Cereal

Peanut Butter Panda Puffs Organic Cereal, 25 oz

### 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

## Cereal (Cont'd)

### Nature's Path

Organic Whole O's Cereal

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Cream Cheese

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

Vegan Gourmet Sour Cream

## Chips, Pretzels and Snacks

### Arico

Cassava Chips, Original

Cassava Chips, Sea Salt Mist

### Food Should Taste Good

Lime Tortilla Chips 5.5 oz

Multigrain Tortilla Chips 12 oz

Sweet Potato Tortilla Chips 6 oz

### Food Should Taste Good

Multigrain Tortilla Chips 6 oz

Olive Tortilla Chips 6 oz

### Lundberg Farms

Apple Cinnamon Rice Cakes

Honey Nut Rice Cakes

Organic Brown Rice Cakes

Organic Mochi Sweet Rice Cakes

Organic Popcorn Rice Cakes

Organic Sea Salt Rice Chips

Organic Sesame Tamari Rice Cakes

Organic Tamari Seaweed Rice Cakes

Organic Unsalted Brown Rice Cakes

Organic Wild Rice Cakes

Pico de Gallo Rice Chips

Sante Fe BBQ Rice Chips

Unsalted Brown Rice Cakes

### Mary's Gone Crackers

Sticks & Twigs, Curry

Sticks & Twigs, Sea Salt

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

### **Mr. Krispers**

Baked Rice Krisps, Sea Salt & Pepper

## **Condiments**

### **Follow Your Heart**

Vegenaise, Grapeseed Oil

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

Vegenaise, Original

### **Organicville**

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

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

Organic Tangy BBQ Sauce

### **Spectrum**

Canola Mayonnaise 16 oz

Light Canola Eggless Mayonnaise 16 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

Organic Wasabi Mayonnaise 12 oz

## **Cookies and Snack Bars**

### **Enjoy Life**

Caramel Apple Snack Bars

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Happy Apple Cookies

Soft Baked Snickerdoodle Cookies

Sunbutter Crunch Snack Bars

## **Cookies and Snack Bars (Cont'd)**

### **Enjoy Life**

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

Panda Organic Crispy Rice Bars, Peanut Butter

Penguin Organic Crispy Rice Bars, Fruity Burst

### **Jennie's**

Coconut Macaroons

### **Pamela's Products**

Peanut Butter Cookies

## **Crackers**

### **Mary's Gone Crackers**

Crackers, Black Pepper

Crackers, Caraway

Crackers, Herb

Crackers, Onion

Crackers, Original

## **Dairy**

### **Earth Balance**

Buttery Spread with Olive Oil

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 Cream Cheese

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

Vegan Gourmet Sour Cream

## Dairy Alternatives (Cont'd)

### So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Agave Sweetened Soy 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
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- 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 Authentic Prosciutto
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pepperoni
- Sliced Smoked Turkey
- Sliced Turkey Bologna
- Sliced Turkey Salami

## Desserts

### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chocolate Crisp
- Lushus Lemon
- Original with Mixed Nuts
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free Pizza Crust Mix

### Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix
- TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen

- Vanilla Frosting Mix

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

### Namaste

- Waffle & Pancake 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 Indian Vegetable Korma
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

- Organic Polenta, Traditional

### French Meadow Bakery

- Gluten Free Tortillas, 7"

## 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 Cream of Rice Hot Cereal Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- 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 Thai Stir-Fry
- Organic Tofu Scramble

### Applegate Farms

- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

### Gluten Free Cafe

- Asian Noodles

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- Wafflewich, Egg & Maple Sausage, 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
- Vanilla Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles
- Organic Mesa Sunrise Waffles

### Organic So Delicious

- Creamy Vanilla Non-Dairy Frozen Dessert
- Mint Marble Fudge Non-Dairy Frozen Dessert
- Non-Dairy Creamy Fudge Bar

### Purely Decadent

- 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 (Gluten Free) Non-Dairy Frozen 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
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Snickerdoodle Non-Dairy Frozen Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

- Coconut Almond Bar, Made with Coconut Milk
- 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

## Frozen Foods (Cont'd)

### Sweet Nothings

Non-Dairy Fudge Bar

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Homestyle Waffles  
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 Arborio Rice  
Eco-Farmed California White Basmati Rice  
Eco-Farmed California White Jasmine Rice  
Eco-Farmed Countrywild Gourmet Blend Rice  
Eco-Farmed Jubilee Gourmet Blend Rice  
Eco-Farmed Short Grain Brown Rice  
Eco-Farmed Wehani Gourmet Brown Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California Brown Jasmine Rice, 25 lb  
Organic California White Basmati Rice  
Organic Golden Rose Medium Grain Brown Rice  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice  
Organic White Long Grain Rice

## Jams and Nut Butters

### Arrowhead Mills

Creamy Peanut Butter, 26 oz  
Crunchy Peanut Butter, 26 oz  
Organic Creamy Peanut Butter, 16 oz

### Earth Balance

Creamy Natural Peanut Butter  
Crunchy Natural Peanut Butter

## Jams and Nut Butters (Cont'd)

### Maranatha

Roasted Sesame Tahini

## Meat Alternatives

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### WestSoy

Extra Firm Tofu, Tidal Wave 14 oz  
Extra Firm Tofu, Vacuum-Pack 12 oz  
Firm Tofu, Water-Pack 14 oz

## Meat and Poultry

### Applegate Farms

Chicken Apple Breakfast Sausage  
Greatest Little Organic Smokey Cocktail Frank  
Maple Breakfast Sausage  
Organic Beef Hot Dogs  
Organic Chicken & Apple Sausage  
Organic Chicken Hot Dogs  
Organic Hot Dogs  
Organic Sliced Sunday Bacon  
Organic Turkey Burgers  
Organic Turkey Hot Dogs  
Sage Breakfast Sausage  
Sliced Organic Turkey Bacon

### Sausages by Amylu

Andouille Chicken Sausage  
Apple & Maple Chicken Mini Links  
Apple & Maple Chicken Sausage  
Breakfast Club Chicken Sausage  
Chicken Weiner  
Chorizo Chicken Sausage  
Cranberry & Cognac Chicken Sausage  
Harvest Apple Breakfast Chicken Sausage  
Sun Dried Tomato & Basil Chicken Sausage

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

Hulled Hemp Seeds  
Organic Brown Flaxseeds  
Organic Golden Flaxseeds

## Nuts, Seeds and Dried Fruits (Cont'd)

### Enjoy Life

- Not Nuts! Beach Bash Trail Mix
- Not Nuts! Mountain Mambo Trail Mix

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Linguine 8 oz
- Quinoa Supergrain Pasta, Rotelle 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz
- Quinoa Supergrain Pasta, Veggie Curls 8 oz

### Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Linguine
- Organic Gluten Free Rigatoni
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Fettuccine
- Rice Lasagna
- 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, Traditional

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Mild Salsa

### Organicville

- Organic Medium Salsa
- Organic Mild Salsa

## 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 16 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 16 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
- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

### **Sweeteners**

#### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup