

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Hinsdale 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.

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Baked Goods

WFM Gluten Free Bakehouse

Honey Oat Bread
Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

Buckwheat Flour
Gluten Free Brownie Mix
Gluten Free Chocolate Chip Cookie Mix
Gluten Free Pancake & Baking Mix
Long Grain Brown Rice Flour

Baking Needs (Cont'd)

Arrowhead Mills

White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Baking Soda
Brown Rice Flour
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Biscuit & Baking Mix
Gluten Free Brownie Mix
Gluten Free Chocolate Cake Mix
Gluten Free Cinnamon Raisin Bread
Gluten Free Cornbread Mix
Gluten Free Cornmeal
Gluten Free Homemade Wonderful Bread Mix
Gluten Free Pancake Mix

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Organic Brown Flaxseeds
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Organic Quinoa Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting
- Vanilla Frosting 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

- Waffle & Pancake Mix

Pamela's Products

- Chocolate Cake Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix
- Vanilla Frosting Mix

Beverages

Celestial Seasonings

- Antioxidant Green Tea, 20 Ct
- Authentic Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Blueberry Breeze Green Tea, 20 Ct
- Caffeine Free Celestial Tea, 40 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Chamomile Tea, 40 Ct
- China Pearl White Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Decaf Green Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mint Green Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- True Blueberry, 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
- Original Bagels

Glutino

- Premium Brown Rice Bread with Inulin
- Premium Brown Rice Bread, Homestyle

Bread (Cont'd)

Glutino

- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

WFM Gluten Free Bakehouse

- Honey Oat Bread

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

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

Cereal

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Yellow Corn Grits

Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Brown Rice Farina Creamy Rice Hot Cereal
- Organic Creamy Buckwheat Hot Cereal

Enjoy Life

- Cinnamon Crunch Granola

Cereal (Cont'd)

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
- 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 Sour Cream

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
- 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

Chips, Pretzels and Snacks (Cont'd)

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

Apple Cinnamon Rice Cakes
Brown Rice Cakes
Honey Nut Rice Cakes
Organic Koku Seaweed Rice Cakes
Organic Mochi Sweet Rice Cakes
Organic Popcorn Rice Cakes
Organic Sea Salt Rice Chips
Organic Sesame Tamari 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
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
Vegenaise, Original

Organicville

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, Sesame Tamari Vinaigrette

Condiments (Cont'd)

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce

Spectrum

Light Canola Eggless Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 32 oz
Light Canola Eggless Mayonnaise, Squeeze Bottle
Organic Garlic Ranch Omega-3 Dressing
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

Arico

Almond Cranberry Cookies

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Happy Apple Cookies
Soft Baked Lively Lemon Cookies
Soft Baked Snickerdoodle Cookie Pack
Soft Baked Snickerdoodle Cookies
Sunbutter Crunch Snack Bars
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

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Cookies and Snack Bars (Cont'd)

Glutino

Breakfast Bars, Chocolate

Jennie's

Coconut Macaroons

Pamela's Products

Ginger Cookies with Sliced Almonds

Organic Spicy Ginger Cookies

Peanut Butter Cookies

Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Crackers

Health Valley

Rice Bran Crackers

Mary's Gone Crackers

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 Sour Cream

So Delicious

Blueberry Agave Sweetened Soy Yogurt

Blueberry Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

So Delicious

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

Passionate Mango Cultured Coconut Milk Yogurt

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

Unsweetened Coconut Milk Beverage

Vanilla Agave Sweetened Soy Yogurt

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

Vanilla Cultured Coconut Milk Yogurt

WestSoy

Plus Soy Beverage, Plain 32 oz

Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

Organic Sliced Oven Roasted Chicken

Sliced Authentic Prosciutto

Sliced Black Forest Ham

Sliced Coppa

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

Desserts

French Meadow Bakery

Gluten Free Fudge Brownie

Energy and Nutrition Bars/Drinks

Bumble Bar

Chai with Almonds
Chocolate Crisp
Lushus Lemon
Original with Cashew

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix
Gluten Free Chocolate Chip Cookie Mix
Gluten Free Pizza Crust Mix

Bob's Red Mill

Gluten Free Chocolate Cake Mix
TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

Chocolate Frosting Mix
Vanilla Frosting Mix

Lundberg Farms

Organic Florentine Risotto
Organic Tuscan Risotto

Namaste

Waffle & Pancake Mix

Pamela's Products

Dark Chocolate Frosting Mix
Vanilla Frosting 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 Teriyaki Bowl
Organic Thai Stir-Fry

Ethnic Foods (Cont'd)

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional
Organic Quinoa Polenta, Heirloom Red & Black

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Amy's

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 Indian Vegetable Korma
Organic Rice Crust Spinach Pizza
Organic Shepherd's Pie
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 Fudge Brownie

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free

Frozen Foods (Cont'd)

Ian's Natural Foods

Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

It's Soy Delicious

Raspberry Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Mesa Sunrise Waffles

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Strawberry 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 Obsession Non-Dairy Frozen Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough (Gluten Free) Non-Dairy Frozen
Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk
Dessert
Dulce De Leche Non-Dairy Frozen Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk
Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles

Frozen Foods (Cont'd)

Van's

Wheat Free Flax 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 Brown Basmati Rice
Eco-Farmed California White Arborio Rice
Eco-Farmed Countrywild Gourmet Blend Rice
Eco-Farmed Jubilee Gourmet Blend Rice
Eco-Farmed Long Grain 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 California White Jasmine Rice
Organic Golden Rose Medium Grain Brown Rice
Organic Long Grain Brown Rice
Organic Short Grain Brown Rice
Organic White Long Grain Rice
Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

Organic Creamy Peanut Butter, 16 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 Alternatives (Cont'd)

WestSoy

Firm Tofu, Water-Pack 16 oz

Meat and Poultry

Applegate Farms

Maple Breakfast Sausage
Organic Beef Hot Dogs
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
Chicken Weiner
Chipotle Pepper Chicken Sausage
Farmer's Market Breakfast Chicken Sausage
Harvest Apple Breakfast Chicken Sausage
Sugarhouse Maple Breakfast Chicken Sausage
Sun Dried Tomato & Basil Chicken Sausage

Nutritional Supplements

Bob's Red Mill

Hemp Protein Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Hemp Protein Powder
Hulled Hemp Seeds
Organic Brown Flaxseeds
Organic Golden Flaxseeds

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Elbows 8 oz
Quinoa Supergrain Pasta, Garden Pagodas 8 oz
Quinoa Supergrain Pasta, Linguine 8 oz

Pasta (Cont'd)

Ancient Harvest

Quinoa Supergrain Pasta, Rotelle 8 oz
Quinoa Supergrain Pasta, Shells 8 oz

Bionaturae

Organic Gluten Free Elbows Pasta
Organic Gluten Free Fusilli
Organic Gluten Free Linguine
Organic Gluten Free Penne Rigate
Organic Gluten Free Spaghetti

DeBoles Foods

Corn Spaghetti
Multi-Grain Penne
Multi-Grain Spaghetti
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
Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional
Organic Quinoa Polenta, Heirloom Red & Black

Sauces, Salsas and Dips

Amy's

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

Sauces, Salsas and Dips (Cont'd)

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Sesame Teriyaki

Soups

Amy's

- Organic Black Bean Chili
- Organic Black Bean Vegetable Soup
- Organic Chunky Vegetable Soup
- Organic Curried Lentil 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 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 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
- Portabello Mushroom Soup 16 oz
- Potato Leek Soup 16 oz
- Potato Leek Soup 32 oz

Soups (Cont'd)

Imagine Foods

- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup