

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

Carrot Cake
Honey Oat Bread
Molasses Ginger Cookies
Morning Glory Muffins

Baking Needs

Arrowhead Mills

Buckwheat Flour
Gluten Free Brownie Mix
Gluten Free Pancake & Baking Mix

Baking Needs (Cont'd)

Arrowhead Mills

Long Grain Brown Rice Flour
White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Arrowroot Starch Flour
Baking Powder
Brown Rice Flour
Flaxseed Meal
Flaxseeds
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 Chocolate Chip Cookie Mix
Gluten Free Cinnamon Raisin Bread

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Cornbread Mix
- Gluten Free Cornmeal
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Quinoa Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- Xanthan Gum

Cherrybrook Kitchen

- Vanilla Frosting

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Chocolate Chip Cookie & Cake Mix

Hain

- Baking Powder

Namaste

- Brownie Mix
- Chocolate Cake Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Waffle & Pancake Mix

Pamela's Products

- Chocolate Cake Mix
- Gluten-Free Bread Mix

Beverages

365 Every Day Value™

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

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Antioxidant Green Tea, 20 Ct
- Authentic Green Tea, 20 Ct
- Authentic Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Decaf Green Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Grapefruit Green 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

Glutino

- Premium Brown Rice Bread with Inulin
- Premium Brown Rice Bread, Homestyle
- 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, Low in Sodium
- Organic Traditional Refried Beans
- Organic Traditional Refried Beans, Light in Sodium
- 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

Cereal (Cont'd)

Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats

Enjoy Life

- Cinnamon Crunch Granola
- 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
- 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, Barbecue Bliss
- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

Chips, Pretzels and Snacks (Cont'd)

Food Should Taste Good

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

Jalapeno Tortilla Chips 6 oz
Multigrain Tortilla Chips 6 oz
Olive Tortilla Chips 6 oz

Lundberg Farms

Apple Cinnamon Rice Cakes
Brown Rice Cakes
Organic Brown 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

Mary's Gone Crackers

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, French
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch

Condiments (Cont'd)

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sesame Tamari Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
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

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 Chocolate Chip Cookie Pack
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

Cookies and Snack Bars (Cont'd)

EnviroKidz

Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

Jennie's

Coconut Macaroons

Pamela's Products

Organic Spicy Ginger Cookies

Peanut Butter Cookies

Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

Molasses Ginger 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 Agave Sweetened Soy Yogurt

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

Passionate Mango Cultured Coconut Milk Yogurt

Pina Colada Cultured Coconut Milk 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 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 Honey Maple Turkey

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 Pepperoni

Sliced Soppressata

Sliced Turkey Bologna

Desserts

French Meadow Bakery

Gluten Free Fudge Brownie

WFM Gluten Free Bakehouse

Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

Original with Almond

Original with Cashew

Original with Peanut

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix

Gluten Free Pizza Crust Mix

Bob's Red Mill

Gluten Free Chocolate Cake Mix

Gluten Free Chocolate Chip Cookie Mix

Lundberg Farms

Organic Florentine Risotto

Organic Tuscan Risotto

Namaste

Brownie Mix

Chocolate Cake Mix

Cookie Mix

Pizza Crust Mix

Spice Cake Mix

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 Mexican Tamale Pie

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 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 Cream of Rice Hot Cereal Bowl

Organic Indian Mattar Tofu

Organic Indian Vegetable Korma

Organic Mexican Tamale Pie

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

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

Ian's Chicken Nuggets, Allergen Free

Frozen Foods (Cont'd)

Ian's Natural Foods

Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert
Chocolate Peanut Butter Non-Dairy Frozen Dessert
Raspberry Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle 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

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
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
Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Pomegranate Chip Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Snickerdoodle Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

So Delicious

Kidz Assorted Fruit Pops
Orange Passion Fruit Agave Sweetened Fruit Bar
Raspberry Agave Sweetened Fruit Bar
Strawberry Agave Sweetened Fruit Bar

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
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

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

Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

Meat Alternatives

WestSoy

- Firm Tofu, Water-Pack 16 oz
- Soft 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 Hot Dogs
- Organic Hot Dogs
- Organic Sliced Sunday Bacon
- 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
- Sun Dried Tomato & Basil Chicken Sausage

Nutritional Supplements

Bob's Red Mill

- Hemp Protein Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

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

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, 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 Angel Hair Pasta
- Rice Lasagna
- Rice 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

Organicville

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

Seafood

Starfish

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

Soups

Amy's

- Organic Black Bean Chili
- Organic Black Bean Vegetable Soup
- Organic Chunky Vegetable 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 Split Pea Soup
- 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
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz

Soups (Cont'd)

Imagine Foods

- 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 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