

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Oakville 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-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

Kinnikinnick

Blueberry Muffins
Chocolate Chip Muffins
Cinnamon Sugar Donuts

WFM Gluten Free Bakehouse

Blueberry Muffins
Chocolate Chip Cookies
Pizza Crust
Prairie Bread
Sandwich Bread

Baking Needs

Arrowhead Mills

Gluten Free Pancake & Baking Mix

Bob's Red Mill

Arrowroot Starch Flour
Baking Powder
Brown Rice Flour
Flaxseed Meal
Flaxseeds
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 Garbanzo & Fava Bean Flour
Gluten Free Homemade Wonderful Bread Mix
Gluten Free Pancake Mix

Baking Needs (Cont'd)

Bob's Red Mill

Gluten Free Sweet White Sorghum Flour
GlutenFree Rolled Oats
Hazelnut Meal/Flour
Millet Grits/Meal
Organic Flaxseed Meal
Organic Golden Flaxseed Meal
Organic Golden Flaxseeds
Organic Quinoa Flour
Potato Starch
Tapioca Flour
White Rice Flour

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix
Chocolate Chip Cookie Mix
Fudge Brownie Mix
Pancake & Waffle Mix
Sugar Cookie Mix

Enjoy Life

Semi-Sweet Chocolate Chips

Beverages

Celestial Seasonings

Bengal Spice Tea, 20 Ct
Chai India Spice Tea, 20 Ct
Chamomile Tea, 20 Ct
Cranberry Apple Zinger Tea, 20 Ct
Lemon Zinger Green Tea, 20 Ct
Lemon Zinger Tea, 20 Ct
Moroccan Pomegranate Red Tea, 20 Ct
Perfectly Pear White Tea, 20 Ct
Sleepytime Tea, 20 Ct

Bread

Food For Life

Brown Rice Bread, Wheat & Gluten Free
Rice Almond Bread, Wheat & Gluten Free
White Rice Bread, Wheat & Gluten Free
Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Glutino

Bagels, Plain
Bagels, Sesame Seed
Premium Cinnamon & Raisin Bread
Premium Corn Bread
Premium Fiber Bread
Premium Flax Seed Bread
Premium Pizza Crusts

Kinnikinnick

Many Wonder Multigrain Rice Bread
Robins Honey Brown Rice Bread
Sunflower Flax Rice Bread
Tapioca Rice English Muffin
Tapioca Rice Sesame Bagels

WFM Gluten Free Bakehouse

Prairie Bread
Sandwich Bread

Candy and Chocolate

Endangered Species Chocolate

Dark Chocolate with Cranberries & Almonds - Wolf

Glee Gum

Glee Cinnamon Gum
Glee Peppermint Gum
Glee Tangerine Gum

Let's Do... Organic

Organic Classic Gummi Bears

Canned Goods

Native Forest

Artichoke Hearts, Quartered
Green Asparagus Spears
Organic Hearts of Palm

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Rice & Shine Hot Cereal

Bakery On Main

Cranberry Orange Cashew Gluten Free Granola
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
Millet Grits/Meal
Organic Brown Rice Farina Creamy Rice Hot Cereal
Whole Grain Teff

Enjoy Life

Cinnamon Crunch Granola
Cranapple Crunch Granola
Very Berry Crunch Granola

EnviroKidz

Gorilla Munch Organic Cereal
Koala Crisp 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 Corn Flakes, 26.4 oz
Organic Honey'd Cornflakes
Organic Mesa Sunrise Cereal
Organic Mesa Sunrise Cereal, 26.4 oz

Chips, Pretzels and Snacks

Food Should Taste Good

Buffalo Tortilla Chips 6 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

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

Organic Caramel Corn Rice Cakes
Organic Cinnamon Toast Rice Cake
Organic Koku Seaweed Rice Cakes
Organic Sesame Tamari Rice Cakes

Condiments

Eden

Tamari Soy Sauce, Naturally Brewed 10 oz

Organicville

Organic Dressing, French
Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sesame Tamari Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce
Organic Tangy BBQ Sauce

Cookies and Snack Bars

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 Lively Lemon 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
Koala Organic Crispy Rice Bars, Chocolate
Panda Organic Crispy Rice Bars, Peanut Butter

Glutenfreeda's Real Cookies

Chip Chip Hooray! Cookie Dough
Chocolate Minty Python
Sugar Kookies Cookie Dough

Glutino

Chocolate Coated Wafers
Lemon Wafers
Vanilla Wafers

WFM Gluten Free Bakehouse

Chocolate Chip Cookies

Crackers

Edward & Sons

Brown Rice Snaps, Tamari Sesame

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Caraway
Crackers, Herb
Crackers, Onion
Crackers, Original

Dairy

Earth Balance

Soy Garden Buttery Spread

Dairy Alternatives

365 Everyday Value™

Organic Ricemilk - Original
Organic Ricemilk - Unsweetened
Organic Ricemilk - Vanilla
Organic Soymilk - Original, 32 oz
Organic Soymilk - Vanilla, 32 oz

Blue Diamond

Almond Breeze, Chocolate
Almond Breeze, Original

Dairy Alternatives (Cont'd)

Blue Diamond

Almond Breeze, Vanilla

Entrees and Mixes

Bob's Red Mill

Gluten Free Chocolate Cake Mix
Gluten Free Chocolate Chip Cookie Mix
Large Flake Nutritional Food Yeast
TVP (Textured Vegetable Protein)

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix
Chocolate Chip Cookie Mix
Fudge Brownie Mix
Pancake & Waffle Mix
Sugar Cookie Mix

Edward & Sons

Organic Roasted Garlic Mashed Potato Mix

Lundberg Farms

Organic Alfredo Risotto
Organic Florentine Risotto
Organic Porcini Wild Mushroom Risotto
Organic Tuscan Risotto

Road's End Organics

Dairy Free Alfredo Style Mac & Chreese
Dairy Free Cheddar Style Penne & Chreese
Organic Savory Herb Gravy Mix
Organic Shiitake Mushroom Gravy Mix

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Sesame
Miso-Cup, Organic Reduced Sodium

Food For Life

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Premier Japan

Organic Wheat-Free Hoisin Sauce
Organic Wheat-Free Teriyaki Sauce

Frozen Foods

Glutenfreeda

Vegetarian Non-Dairy Burrito

Glutenfreeda's Real Cookies

Chip Chip Hooray! Cookie Dough
Chocolate Minty Python
Sugar Kookies Cookie Dough

Ian's Natural Foods

Alpha Tots

Kinnikinnick

Blueberry Muffins
Chocolate Chip Muffins
Cinnamon Sugar Donuts
Many Wonder Multigrain Rice Bread
Robins Honey Brown Rice Bread
Sunflower Flax Rice Bread
Tapioca Rice English Muffin
Tapioca Rice Sesame Bagels

Van's

Wheat Free Blueberry Waffles
Wheat Free Homestyle Waffles

Grains and Rice

Bob's Red Mill

Organic Quinoa Grain

Eden

Organic Buckwheat, Hulled Whole Grain
Organic Millet, Whole Grain

Lundberg Farms

Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb
Organic Alfredo Risotto
Organic Porcini Wild Mushroom Risotto

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Flaxseeds
Organic Golden Flaxseeds

Pasta

Rizopia

Organic Wild Rice Pasta, Elbows
Organic Wild Rice Pasta, Spaghetti

Tinkyada

Brown Rice Elbow
Brown Rice Fettucini
Brown Rice Fusilli
Brown Rice Lasagne
Brown Rice Shells
Brown Rice Spaghetti
Organic Brown Rice Penne
Organic Brown Rice Spaghetti
Organic Brown Rice Spirals
Spinach Brown Rice Spaghetti
Vegetable Brown Rice Spirals

Personal Care

Tom's of Maine

Peppermint Baking Soda Mouthwash
Silly Strawberry Non-Fluoride Toothpaste
Unscented Stick Deodorant

Sauces, Salsas and Dips

Organicville

Organic Medium Salsa
Organic Pineapple Salsa

Premier Japan

Organic Wheat-Free Hoisin Sauce
Organic Wheat-Free Teriyaki Sauce

Road's End Organics

Organic Savory Herb Gravy Mix
Organic Shiitake Mushroom Gravy Mix

The Wizard's Sauce

Organic Hot Stuff

Soups

Edward & Sons

Miso-Cup, Organic Reduced Sodium

Spices and Seasonings

Bob's Red Mill

Large Flake Nutritional Food Yeast