

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

..  
..  
--  
--

## 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

### Bob's Red Mill

Almond Flour  
Baking Powder  
Brown Rice Flour  
Flaxseed Meal  
Flaxseeds  
Gluten Free All Purpose Baking Flour  
Gluten Free Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Garbanzo & Fava Bean Flour  
Gluten Free Pancake Mix  
Gluten Free Sweet White Sorghum Flour  
GlutenFree Rolled Oats  
Millet Grits/Meal  
Organic Flaxseed Meal  
Organic Golden Flaxseed Meal  
Organic Golden Flaxseeds

## Baking Needs (Cont'd)

### Bob's Red Mill

Organic Quinoa Flour

### Enjoy Life

Semi-Sweet Chocolate Chips

### Let's Do...

Carnival Sprinkelz

## Beverages

### Celestial Seasonings

Bengal Spice Tea, 20 Ct  
Chai India Spice Tea, 20 Ct  
Cranberry Apple Zinger Tea, 20 Ct  
Decaf Mandarin Orchard Green Tea, 20 Ct  
Herbal Tea Sampler, 20 Ct  
Lemon Zinger Tea, 20 Ct  
Madagascar Vanilla Red Tea, 20 Ct  
Moroccan Pomegranate Red Tea, 20 Ct  
Peppermint 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  
English Muffins  
Premium Cinnamon & Raisin Bread  
Premium Corn Bread  
Premium Fiber Bread

## Bread (Cont'd)

### Glutino

Premium Flax Seed Bread  
Premium Pizza Crusts

### Kinnikinnick

Cheese Tapioca Rice Bread  
Italian White Tapioca Rice Bread  
Robins Honey Brown Rice Bread  
Sunflower Flax Rice Bread  
Tapioca Rice English Muffin  
Tapioca Rice Hamburger Buns  
Tapioca Rice Sesame Bagels

### WFM Gluten Free Bakehouse

Prairie Bread  
Sandwich Bread

## Candy and Chocolate

### Endangered Species Chocolate

Dark Chocolate with Cranberries & Almonds - Wolf  
Intense Dark Chocolate with Cacao Nibs - Bat  
Milk Chocolate with Almonds - Crane  
Smooth Milk Chocolate - Sea Otter

### Glee Gum

Glee Cinnamon Gum  
Glee Peppermint Gum  
Glee Tangerine Gum

### Let's Do...

Carnival Sprinkelz

### Let's Do... Organic

Organic Classic Gummi Bears

## Cereal

### Arrowhead Mills

Maple Buckwheat Organic Flakes  
Organic Rice & Shine Hot Cereal

### Bakery On Main

Apple Raisin Walnut Gluten Free Granola  
Cranberry Orange Cashew Gluten Free Granola

## Cereal (Cont'd)

### Bakery On Main

Extreme Fruit & Nut 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 Creamy Buckwheat 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

### Food Should Taste Good

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

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

### **Lundberg Farms**

- 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, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Sesame Tamari 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 No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookies
- Very Berry Snack Bars

### **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
- Peanut, Paul & Mary
- Sugar Kookies Cookie Dough

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

### **Glutino**

- Chocolate Coated Wafers
- Lemon Wafers
- Vanilla Wafers

### **WFM Gluten Free Bakehouse**

- Chocolate Chip Cookies

## **Crackers**

### **Edward & Sons**

- Brown Rice Snaps, Onion Garlic
- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Unsalted 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
- Almond Breeze, Vanilla

## **Energy and Nutrition Bars/Drinks**

### **Bumble Bar**

- Lushus Lemon
- Original with Almond
- Original with Hazelnut

## Energy and Nutrition Bars/Drinks (Cont'd)

### Bumble Bar

Original with Peanut

## Entrees and Mixes

### Bob's Red Mill

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

### Edward & Sons

Organic Home Style Mashed Potato Mix  
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 Cheddar Style Penne & Cheese  
Organic Savory Herb Gravy Mix

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed  
Miso-Cup, Organic Reduced Sodium  
Miso-Cup, Organic Traditional with Tofu

### 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  
Peanut, Paul & Mary  
Sugar Kookies Cookie Dough

## Frozen Foods (Cont'd)

### Ian's Natural Foods

Alpha Tots

### Kinnikinnick

Blueberry Muffins  
Cheese Tapioca Rice Bread  
Chocolate Chip Muffins  
Cinnamon Sugar Donuts  
Italian White Tapioca Rice Bread  
Robins Honey Brown Rice Bread  
Sunflower Flax Rice Bread  
Tapioca Rice English Muffin  
Tapioca Rice Hamburger Buns  
Tapioca Rice Sesame Bagels

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Homestyle Waffles

## Grains and Rice

### Bob's Red Mill

Organic Quinoa 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

## **Pasta (Cont'd)**

### **Tinkyada**

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Fusilli
- 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**

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

## **Sauces, Salsas and Dips**

### **Premier Japan**

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

### **Road's End Organics**

- Organic Savory Herb Gravy Mix

## **Soups**

### **Edward & Sons**

- Miso-Cup, Organic Reduced Sodium
- Miso-Cup, Organic Traditional with Tofu

## **Spices and Seasonings**

### **Bob's Red Mill**

- Large Flake Nutritional Food Yeast