

# Gluten and Casein 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 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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## 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

## Baking Needs (Cont'd)

### Bob's Red Mill

- GlutenFree Rolled Oats
- Millet Grits/Meal
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Organic Quinoa Flour

### Enjoy Life

- Semi-Sweet Chocolate Chips

## 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

## **Beverages (Cont'd)**

### **Celestial Seasonings**

Madagascar Vanilla Red Tea, 20 Ct  
Moroccan Pomegranate Red Tea, 20 Ct  
Peppermint Tea, 20 Ct  
Sleepytime Tea, 20 Ct

## **Bread**

### **Glutino**

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

## **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  
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

## **Cereal (Cont'd)**

### **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

### **Lundberg Farms**

Organic Koku Seaweed Rice Cakes  
Organic Sesame Tamari Rice Cakes

## **Condiments**

### **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**

Peanut, Paul & Mary

## **Crackers**

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

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

## **Dairy**

### **Earth Balance**

Soy Garden Buttery Spread

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

### **Bumble Bar**

Lushus Lemon  
Original with Almond  
Original with Hazelnut  
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)

## **Entrees and Mixes (Cont'd)**

### **Lundberg Farms**

Organic Florentine Risotto  
Organic Tuscan Risotto

## **Frozen Foods**

### **Glutenfreeda's Real Cookies**

Peanut, Paul & Mary

### **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

## **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

## **Spices and Seasonings**

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

Large Flake Nutritional Food Yeast