

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Yorkville 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
Cinnamon Sugar Donuts
Vanilla Glazed Donuts

WFM Gluten Free Bakehouse

Blueberry Muffins
Chocolate Chip Cookies
Pizza Crust
Prairie Bread
Sandwich Bread

Baking Needs

365 Everyday Value™

Gluten Free Chocolate Cake Mix
Gluten Free Chocolate Chip Cookie Mix
Gluten Free Muffin Mix
Gluten Free Pizza Crust Mix
Gluten Free White Cake Mix

Arrowhead Mills

Gluten Free Pancake & Baking Mix

Bob's Red Mill

Almond Flour
Arrowroot Starch Flour
Baking Powder
Brown Rice Flour
Flaxseed Meal
Flaxseeds
Gluten Free All Purpose Baking Flour

Baking Needs (Cont'd)

Bob's Red Mill

Gluten Free Brownie Mix
Gluten Free Garbanzo & Fava Bean Flour
Gluten Free Homemade Wonderful Bread Mix
Gluten Free Pancake Mix
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
Teff Flour
White Rice Flour

Enjoy Life

Semi-Sweet Chocolate Chips

Let's Do...

Chocolatey Sprinkelz
Confetti Sprinkelz

Let's Do... Organic

Organic Reduced Fat Shredded Coconut

Beverages

Celestial Seasonings

Bengal Spice Tea, 20 Ct
Candy Cane Lane Decaf Tea, 20 Ct
Chamomile Tea, 20 Ct
Fruit Tea Sampler, 20 Ct
Lemon Zinger Green Tea, 20 Ct
Moroccan Pomegranate Red Tea, 20 Ct
Peppermint Tea, 20 Ct
Perfectly Pear White Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

- Sleepytime Tea, 20 Ct
- Sugar Plum Spice, 20 Ct

Bread

Food For Life

- Brown Rice Bread, Wheat & Gluten Free
- Rice Almond Bread, Wheat & Gluten Free
- Rice Pecan 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
- Premium Flax Seed Bread
- Premium Pizza Crusts

Kinnikinnick

- Pizza Crusts, 7 Inch

WFM Gluten Free Bakehouse

- Prairie Bread
- Sandwich Bread

Candy and Chocolate

Endangered Species Chocolate

- Dark Chocolate with Cranberries & Almonds - Wolf
- Dark Chocolate with Deep Forest Mint
- Dark Chocolate with Raspberries - Grizzly Bear
- Extreme Dark Chocolate - Panther
- Intense Dark Chocolate with Cacao Nibs - Bat
- Milk Chocolate with Almonds - Crane
- Smooth Milk Chocolate - Sea Otter
- Supreme Dark Chocolate - Chimpanzee

Candy and Chocolate (Cont'd)

Glee Gum

- Glee Cinnamon Gum
- Glee Peppermint Gum
- Glee Tangerine Gum

Let's Do...

- Chocolatey Sprinkelz
- Confetti Sprinkelz

Let's Do... Organic

- Organic Classic Gummi Bears
- Organic Jelly Gummi Bears

Canned Goods

Native Forest

- Artichoke Hearts, Quartered
- Green Asparagus Cuts & Tips
- Organic Hearts of Palm

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
- 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
- Organic Creamy Buckwheat Hot Cereal

Enjoy Life

- Cinnamon Crunch Granola
- Cranapple Crunch Granola
- Very Berry Crunch Granola

Cereal (Cont'd)

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 Mesa Sunrise Cereal
Organic Mesa Sunrise Cereal, 26.4 oz

Perky's

Nutty Flax Cereal
Nutty Rice Cereal

Chips, Pretzels and Snacks

Food Should Taste Good

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

Condiments

Eden

Tamari Soy Sauce, Naturally Brewed 10 oz
Tamari Soy Sauce, Naturally Brewed 20 oz

Organicville

Organic Dressing, French
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette

Condiments (Cont'd)

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Tangy BBQ Sauce

Cookies and Snack Bars

Aunt Gussie's Cookies

Gluten Free Chocolate Chip Cookies
Gluten Free Sugar Free Vanilla Spritz 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 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

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, Tamari Sesame

Crackers (Cont'd)

Edward & Sons

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 - Chocolate, 32 oz

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

Chocolate Crisp

Original with Peanut

Entrees and Mixes

365 Everyday Value™

Gluten Free Chocolate Cake Mix

Gluten Free Chocolate Chip Cookie Mix

Gluten Free Muffin Mix

Gluten Free Pizza Crust Mix

Gluten Free White Cake Mix

Entrees and Mixes (Cont'd)

Bob's Red Mill

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 Alfredo Style Mac & Chreese

Dairy Free Cheddar Style Penne & Chreese

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

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's Real Cookies

Peanut, Paul & Mary

Ian's Natural Foods

Ian's Fish Sticks, Allergen Free

Lightly Battered Fish, Wheat Free Gluten Free

Popcorn Turkey Corn Dogs

Kinnikinnick

Blueberry Muffins

Cinnamon Sugar Donuts

Homestyle Waffles, Cinnamon Brown Sugar

Frozen Foods (Cont'd)

Kinnikinnick

Homestyle Waffles, Original
Pizza Crusts, 7 Inch
Vanilla Glazed Donuts

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, Spaghetti

Tinkyada

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

Pasta (Cont'd)

Tinkyada

Spinach Brown Rice Spaghetti
Vegetable Brown Rice Spirals

Personal Care

Tom's of Maine

Calendula Stick Deodorant
Peppermint Baking Soda Mouthwash
Unscented Stick Deodorant

Sauces, Salsas and Dips

Organicville

Organic Mild Salsa

Premier Japan

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

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