

# Gluten and Casein 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 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

#### 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  
Gluten Free Brownie Mix

### Baking Needs (Cont'd)

#### Bob's Red Mill

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

## Baking Needs (Cont'd)

### Enjoy Life

Semi-Sweet Chocolate Chips

## 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  
Sleepytime Tea, 20 Ct  
Sugar Plum Spice, 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  
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

## Cereal (Cont'd)

### 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 Mesa Sunrise Cereal  
Organic Mesa Sunrise Cereal, 26.4 oz

## 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 Koku Seaweed Rice Cakes  
Organic Sesame Tamari Rice Cakes

## Condiments

### Organicville

Organic Dressing, French  
Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

## Condiments (Cont'd)

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
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 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

Chocolate Crisp  
Original with Peanut

## Entrees and Mixes

### Bob's Red Mill

Large Flake Nutritional Food Yeast  
TVP (Textured Vegetable Protein)

### Lundberg Farms

Organic Florentine Risotto  
Organic Tuscan Risotto

## 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

### 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, Spaghetti

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Mild Salsa

## **Spices and Seasonings**

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

Large Flake Nutritional Food Yeast