

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cambridge Store, North Atlantic 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).

..  
..  
--  
--

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free All Purpose Baking Mix  
Long Grain Brown Rice Flour  
Millet Flour  
White Rice Flour  
Yellow Corn Meal

### Baking Needs (Cont'd)

#### Bob's Red Mill

Almond Flour  
Flaxseed Meal  
Gluten Free Pizza Crust Mix  
GlutenFree Rolled Oats  
Organic Coconut Flour  
Organic Flaxseed Meal  
Organic Golden Flaxseed Meal  
Organic Golden Flaxseeds  
Teff Flour

#### Cherrybrook Kitchen

Vanilla Frosting

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

#### Earth Balance

Shortening

## Baking Needs (Cont'd)

### Enjoy Life

Semi-Sweet Chocolate Chips

### Gluten Free Pantry

Beth's All Purpose Flour Mix

### Namaste

Waffle & Pancake Mix

### Pamela's Products

Gluten-Free Bread Mix

## Beverages

### 365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

Cola

Ginger Ale

Key Lime Soda

Raspberry Soda

Root Beer Soda

### Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct

Bengal Spice Tea, 20 Ct

Cool Brew Peach Iced Tea, 40 Ct

Honey Vanilla Chamomile Tea, 20 Ct

Peppermint Tea, 40 Ct

Sleepytime Tea, 20 Ct

Sleepytime Tea, 40 Ct

### So Delicious

Original (Plain) Coconut Milk Beverage

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## Canned Goods

### Amy's

Organic Refried Black Beans

Organic Refried Black Beans, Low in Sodium

Organic Traditional Refried Beans

Organic Traditional Refried Beans, Light in Sodium

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Bakery On Main

Cranberry Orange Cashew Gluten Free Granola

Extreme Fruit & Nut Gluten Free Granola

Nutty Cranberry Gluten Free Granola

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

### EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Koala Crisp Organic Cereal, 26 oz

Peanut Butter Panda Puffs Organic Cereal

### Lundberg Farms

Organic Pure Creamy Rice Cereal

### Nature's Path

Organic Fruit Juice Sweetened Corn Flakes

Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz

Organic Mesa Sunrise Cereal

Organic Mesa Sunrise Cereal, 26.4 oz

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

## **Chips, Pretzels and Snacks**

### **Food Should Taste Good**

Buffalo Tortilla Chips 6 oz  
Lime Tortilla Chips 5.5 oz  
Multigrain Tortilla Chips 1.5 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 oz  
Yellow Corn Tortilla Chips 11 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

### **Glutino**

Pretzels, Sesame Rings  
Pretzels, Unsalted

### **Hain Pure Food**

Mini Munch Rice Snacks, Lightly Salted

### **Lundberg Farms**

Organic Brown Rice Cakes  
Organic Mochi Sweet Rice Cakes  
Organic Popcorn Rice Cakes  
Organic Sesame Tamari Rice Cakes  
Organic Tamari Seaweed Rice Cakes  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes

## **Condiments**

### **Follow Your Heart**

Vegenaise, High Omega-3 w/ Expeller-Pressed  
Canola Oil  
Vegenaise, Original

### **Organicville**

Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Sesame Goddess  
Organic Dressing, Sundried Tomato & Garlic  
Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup

### **Spectrum**

Canola Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 16 oz

## **Condiments (Cont'd)**

### **Spectrum**

Light Canola Eggless Mayonnaise, Squeeze Bottle  
Organic Olive Oil Mayonnaise  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Roasted Garlic Mayonnaise 12 oz  
Organic Soy Mayonnaise 16 oz  
Organic Wasabi Mayonnaise 12 oz

## **Cookies and Snack Bars**

### **Enjoy Life**

Cocoa Loco Snack Bars  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies

### **EnviroKidz**

Cheetah Organic Crispy Rice Bars, Berry  
Koala Organic Crispy Rice Bars, Chocolate  
Lemur Organic Crispy Rice Bars, Peanut Choco  
Drizzle  
Panda Organic Crispy Rice Bars, Peanut Butter

### **Glutino**

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

### **Jennie's**

Coconut Macaroons

### **Pamela's Products**

Ginger Cookies with Sliced Almonds

## **Crackers**

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

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

## **Dairy**

### **Earth Balance**

Buttery Sticks  
Organic Whipped Buttery Spread  
Original Buttery Spread

## Dairy (Cont'd)

### Earth Balance

- Soy Free Buttery Spread
- Soy Garden Buttery Spread

## Dairy Alternatives

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

### So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

### WestSoy

- Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Coppa
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Hot Genoa Salami
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey

## Deli Style Meats and Cheeses (Cont'd)

### Applegate Farms

- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pancetta
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Soppressata
- Sliced Turkey Bologna
- Sliced Turkey Salami

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

- Dark Chocolate Bars - individual bars

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix

### Lundberg Farms

- Organic Florentine Risotto

### Namaste

- Waffle & Pancake Mix

## Ethnic Foods

### Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Roasted Vegetable Tamale Whole Meal

## **Ethnic Foods (Cont'd)**

### **Amy's**

- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### **Food Merchants**

- Organic Polenta, Basil & Garlic

## **Frozen Foods**

### **Amy's**

- Organic Asian Noodle Stir-Fry
- Organic Bistro Veggie Burger
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### **Applegate Farms**

- Sage Breakfast Sausage

### **French Meadow Bakery**

- Gluten Free Chocolate Chip Cookie Dough

### **Ian's Natural Foods**

- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free

### **It's Soy Delicious**

- Almond Pecan Non-Dairy Frozen Dessert
- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

### **Nature's Path**

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

## **Frozen Foods (Cont'd)**

### **Organic So Delicious**

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

### **Purely Decadent**

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Praline Pecan Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### **So Delicious**

- Coconut Almond Bar, Made with Coconut Milk
- Kidz Assorted Fruit Pops
- Vanilla Bar, Made with Coconut Milk

### **Starfish**

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock
- Crispy Battered Gluten Free Halibut

### **Sweet Nothings**

- Non-Dairy Fudge Bar
- Non-Dairy Fudge Bar, 6-pack

## Frozen Foods (Cont'd)

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Flax Waffles
- Wheat Free Homestyle Pancakes
- Wheat Free Homestyle Waffles

## Grains and Rice

### Ancient Harvest

- Inca Red Organic Quinoa 12 oz
- Traditional Organic Quinoa 12 oz

### Lundberg Farms

- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Basmati Rice
- Eco-Farmed California White Jasmine Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Long Grain Brown Rice
- Eco-Farmed Wehani Gourmet Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California White Basmati Rice

## Jams and Nut Butters

### Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat Alternatives

### Applegate Farms

- Organic Smoked Andouille

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

- Beef Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Greatest Little Organic Smokey Cocktail Frank
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage

## Meat and Poultry (Cont'd)

### Applegate Farms

- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Poultry Andouille Sausage
- Organic Smoked Bratwurst
- Organic Sweet Italian Sausage
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage
- Sliced Sunday Bacon
- Turkey Hot Dogs

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Organic Golden Flaxseeds

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Penne Rigate
- Organic Gluten Free Rigatoni
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Multi-Grain Penne
- Rice Angel Hair Pasta
- Rice Fettuccine
- Rice Lasagna
- Rice Spaghetti

### Lundberg Farms

- Organic Brown Rice Rotini Pasta

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic

## Sauces, Salsas and Dips

### Amy's

Organic Black Bean & Corn Salsa

### Organicville

Organic Mild Salsa

## Seafood

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

## Soups

### Amy's

Organic Black Bean Chili  
Organic Black Bean Vegetable Soup  
Organic Curried Lentil Soup  
Organic Fire Roasted Southwestern Vegetable Soup  
Organic Lentil Soup  
Organic Lentil Soup, Light in Sodium  
Organic Lentil Vegetable Soup  
Organic Lentil Vegetable Soup, Light in Sodium  
Organic Medium Chili  
Organic Spicy Chili  
Organic Spicy Chili, Light in Sodium  
Organic Split Pea Soup  
Organic Split Pea Soup, Light in Sodium  
Organic Thai Coconut Soup (Tom Kha Phak)  
Organic Tuscan Bean & Rice Soup

### Imagine Foods

Broccoli Soup 16 oz  
Broccoli Soup 32 oz  
Butternut Squash Soup 16 oz  
Butternut Squash Soup 32 oz  
Chicken Broth 16 oz  
Creamy Tomato Soup 16 oz  
Free Range Chicken Broth 32 oz  
No Chicken Broth 32 oz  
Organic Acorn Squash & Mango Soup 32 oz  
Organic Chicken Broth, Low Sodium 32 oz  
Organic Corn Soup, Low Sodium 32 oz  
Organic Portabello Mushroom Soup 32 oz

## Soups (Cont'd)

### Imagine Foods

Organic Sweet Pea Soup 32 oz  
Organic Tomato Soup 32 oz  
Organic Tomato Soup, Low Sodium 32 oz  
Organic Vegetable Broth, Low Sodium 32 oz  
Portabello Mushroom Soup 16 oz  
Potato Leek Soup 32 oz  
Vegetable Broth 16 oz  
Vegetable Broth 32 oz

## Sweeteners

### Lundberg Farms

Organic Brown Rice Syrup