

# 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).

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### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Long Grain Brown Rice Flour
- Millet Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Flaxseed Meal
- Gluten Free All Purpose Baking Flour
- Gluten Free Homemade Wonderful Bread Mix
- Organic Golden Flaxseeds

### Baking Needs (Cont'd)

#### Bob's Red Mill

- Teff Flour
- White Rice Flour

#### Cherrybrook Kitchen

- Vanilla Frosting

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix

#### Earth Balance

- Shortening

#### Enjoy Life

- Semi-Sweet Chocolate Chips

#### Namaste

- Waffle & Pancake Mix

#### Pamela's Products

- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

Bengal Spice Tea, 20 Ct  
Chamomile Tea, 20 Ct  
Chamomile Tea, 40 Ct  
Honey Vanilla Chamomile Tea, 20 Ct  
Lemon Zinger Tea, 20 Ct  
Peppermint Tea, 40 Ct  
Sleepytime Extra Tea, 20 Ct  
Sleepytime Tea, 20 Ct  
Sleepytime Tea, 40 Ct  
Tension Tamer Tea, 20 Ct

### So Delicious

Original (Plain) Coconut Milk Beverage  
Unsweetened Coconut Milk Beverage

## Bread

### Enjoy Life

Cinnamon Raisin Bagels  
Original Bagels

### Glutino

Premium Pizza Crusts

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

## Canned Goods

### Amy's

Organic Refried Beans with Green Chiles  
Organic Refried Black Beans  
Organic Refried Black Beans, Low in Sodium  
Organic Traditional Refried Beans  
Organic Traditional Refried Beans, Light in Sodium  
Organic Vegetarian Baked Beans

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

## Cereal (Cont'd)

### Arrowhead Mills

Maple Buckwheat Organic Flakes  
Organic Rice & Shine Hot Cereal  
Organic Yellow Corn Grits

### Bakery On Main

Cranberry Orange Cashew Gluten Free Granola  
Nutty Cranberry Gluten Free Granola  
Rainforest Gluten Free Granola

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

### EnviroKidz

Gorilla Munch Organic Cereal  
Koala Crisp Organic Cereal  
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 Honey'd Cornflakes  
Organic Mesa Sunrise Cereal, 26.4 oz  
Organic Whole O's Cereal

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Monterey Jack  
Vegan Gourmet Mozzarella Cheese  
Vegan Gourmet Sour Cream

## Chips, Pretzels and Snacks

### Applegate Farms

Natural Joy Stick

### Food Should Taste Good

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

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

### **Food Should Taste Good**

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 Popcorn Rice Cakes  
Organic Sesame Tamari Rice Cakes  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes

## **Condiments**

### **Follow Your Heart**

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

### **Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Ketchup

### **Spectrum**

Canola Mayonnaise 16 oz  
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

## **Cookies and Snack Bars**

### **Enjoy Life**

Cocoa Loco Snack Bars  
Soft Baked Snickerdoodle Cookies

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

### **EnviroKidz**

Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle  
Penguin Organic Crispy Rice Bars, Fruity Burst

### **Gilbert's Gourmet Goodies**

Super Dooper Snickerdoodle Cookie

### **Glutino**

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, Original

## **Dairy**

### **Earth Balance**

Buttery Sticks  
Organic Whipped Buttery Spread  
Original Buttery Spread  
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 Sour Cream

### **So Delicious**

Blueberry Cultured Coconut Milk Yogurt  
Cinnamon Bun Dairy Free Yogurt  
French Vanilla Coconut Milk Creamer  
Hazelnut Coconut Milk Creamer  
Key Lime Dairy Free Yogurt

## Dairy Alternatives (Cont'd)

### So Delicious

- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Passionate Mango Cultured Coconut Milk Yogurt
- Peach Dairy Free Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Raspberry Dairy Free Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage

### WestSoy

- Longevity Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Hot Genoa Salami
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Soppressata
- Sliced Turkey Bologna
- Sliced Turkey Salami

## Entrees and Mixes

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

### Namaste

- Waffle & Pancake Mix

### Pamela's Products

- Dark Chocolate Frosting 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
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

- Organic Polenta, Basil & Garlic

### Organicville

- Organic Sesame Teriyaki

## 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, Black-Eyed Peas & Veggies Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Rice Crust Spinach Pizza

## Frozen Foods (Cont'd)

### Amy's

- Organic Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

### Applegate Farms

- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

### Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free

### It's Soy Delicious

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

### Nature's Path

- Organic Buckwheat Wildberry Waffles

### Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla 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
- Dulce De Leche Non-Dairy Frozen Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

- Passionate Mango 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 Haddock
- Crispy Battered Gluten Free Halibut

### Sweet Nothings

- Non-Dairy Fudge Bar

### 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 Jubilee 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
- Organic Wild & Wehani Rice
- Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

Crunchy Peanut Butter, 26 oz

### Earth Balance

Creamy Natural Almond Butter

Creamy Natural Peanut Butter

## Meat Alternatives

### Bob's Red Mill

TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

Chicken Apple Breakfast Sausage

Greatest Little Organic Smokey Cocktail Frank

Maple Breakfast Sausage

Natural Joy Stick

Organic Beef Hot Dogs

Organic Chicken & Apple Sausage

Organic Fire Roasted Red Pepper Sausage

Organic Hot Dogs

Organic Poultry Andouille Sausage

Organic Smoked Bratwurst

Organic Sweet Italian Sausage

Organic Turkey Burgers

Organic Turkey Hot Dogs

Sage Breakfast Sausage

Sliced Sunday Bacon

Sliced Turkey Bacon

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

Hulled Hemp Seeds

Organic Golden Flaxseeds

## Pasta

### Ancient Harvest

Quinoa Supergrain Pasta, Garden Pagodas 8 oz

Quinoa Supergrain Pasta, Spaghetti 8 oz

## Pasta (Cont'd)

### Bionaturae

Organic Gluten Free Penne Rigate

Organic Gluten Free Rigatoni

Organic Gluten Free Spaghetti

### DeBoles Foods

Multi-Grain Penne

Multi-Grain Spaghetti

Rice Angel Hair Pasta

Rice Lasagna

Rice Spaghetti

Rice Spirals

### Lundberg Farms

Organic Brown Rice Rotini Pasta

Organic Brown Rice Spaghetti Pasta

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic

## Sauces, Salsas and Dips

### Amy's

Organic Medium Salsa

### Organicville

Organic Medium Salsa

Organic Sesame Teriyaki

## Seafood

### Starfish

Crispy Battered Gluten Free Haddock

Crispy Battered Gluten Free Halibut

## Soups

### Amy's

Organic Black Bean Chili

Organic Black Bean Vegetable Soup

Organic Chunky Vegetable Soup

Organic Curried Lentil Soup

Organic Fire Roasted Southwestern Vegetable Soup

Organic Lentil Soup

## **Soups (Cont'd)**

### **Amy's**

- Organic Lentil Soup, Light in Sodium
- Organic Lentil Vegetable Soup
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Medium Chili, Light in Sodium
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup
- 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
- Corn & Lemongrass Soup 16 oz
- Corn & Lemongrass Soup 32 oz
- Creamy Tomato Soup 16 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
- Organic Potato Soup, Low Sodium 32 oz
- 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
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

### **Sweeteners**

#### **Lundberg Farms**

- Organic Brown Rice Syrup