

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cranston 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.

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Baked Goods

WFM Gluten Free Bakehouse

- Almond Cookies
- Carrot Cake
- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

Ancient Harvest

- Organic Quinoa Flour 18 oz

Baking Needs (Cont'd)

Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

Bob's Red Mill

- Almond Flour
- Baking Soda
- Flaxseed Meal
- Garbanzo Bean Flour
- Gluten Free Cornbread Mix
- Gluten Free Homemade Wonderful Bread Mix

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Chocolate Truffle Brownie Mix

Hain

- Baking Powder

Namaste

- Biscuits, Piecrust & More
- Brownie Mix
- Chocolate Fudge Frosting Mix
- Cookie Mix
- Perfect Flour Blend
- Pizza Crust Mix
- Sugar-Free Muffin Mix
- Toffee Vanilla Frosting Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix

Baking Needs (Cont'd)

Pamela's Products

- Confetti Frosting Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix
- Vanilla Frosting Mix

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Caffeine Free Celestial Tea, 40 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mint Green Tea, 20 Ct
- Grandma's Tummy Mint Tea, 20 Ct
- Honey Lemon Ginseng Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Perfectly Plum White Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- Tropical Grapefruit Green Tea, 20 Ct
- True Blueberry, 20 Ct
- Wild Berry Tea, 20 Ct

So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

Bread

Enjoy Life

- Cinnamon Raisin Bagels
- Original Bagels

Glutino

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

Candy and Chocolate

Enjoy Life

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

Canned Goods

Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans
- Organic Traditional Refried Beans
- Organic Vegetarian Baked Beans

Cereal

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Yellow Corn Grits

Bakery On Main

- Apple Raisin Walnut Gluten Free Granola
- Cranberry Orange Cashew Gluten Free Granola
- Extreme Fruit & Nut Gluten Free Granola
- Nutty Cranberry Gluten Free Granola
- Rainforest Gluten Free Granola

Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal

Cereal (Cont'd)

Enjoy Life

- Cinnamon Crunch Granola

EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Gorilla Munch Organic Cereal, 23 oz
- Koala Crisp Organic Cereal
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal, 25 oz

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
- 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 Nacho Cheese

Chips, Pretzels and Snacks

Arico

- Cassava Chips, Original

Food Should Taste Good

- Buffalo Tortilla Chips 6 oz
- Lime Tortilla Chips 5.5 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, Apple Cinnamon
Mini Munch Rice Snacks, Honey Nut
Mini Munch Rice Snacks, Lightly Salted

Lundberg Farms

Apple Cinnamon Rice Cakes
Brown Rice Cakes
Buttery Caramel Rice Cakes
Honey Nut Rice Cakes
Organic Brown Rice Cakes
Organic Koku Seaweed Rice Cakes
Organic Mochi Sweet Rice Cakes
Organic Popcorn Rice Cakes
Organic Sea Salt Rice Chips
Organic Sesame Tamari Rice Cakes
Organic Unsalted Brown Rice Cakes
Organic Wild Rice Cakes
Sante Fe BBQ Rice Chips
Unsalted Brown Rice Cakes

Condiments

Follow Your Heart

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

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sesame Goddess
Organic Dressing, Sundried Tomato & Garlic
Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce
Organic Tangy BBQ Sauce

Condiments (Cont'd)

Spectrum

Canola Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 32 oz
Light Canola Eggless Mayonnaise, Squeeze Bottle
Organic Golden Balsamic Omega-3 Dressing
Organic Olive Oil Mayonnaise
Organic Soy Mayonnaise 16 oz
Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Bakery On Main

Peanut Butter Chocolate Chip Granola Bars

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini 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 Lively Lemon Cookies
Soft Baked Snickerdoodle Cookies
Very Berry Snack Bars

EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry
Koala Organic Crispy Rice Bars, Chocolate
Lemur Organic Crispy Rice Bars, Peanut Choco
Drizzle
Organic Vanilla Animal Cookies
Panda Organic Crispy Rice Bars, Peanut Butter
Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Jennie's

Coconut Macaroons

Cookies and Snack Bars (Cont'd)

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Organic Spicy Ginger Cookies
- Peanut Butter Cookies

WFM Gluten Free Bakehouse

- Almond Cookies
- Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- 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 Nacho Cheese

So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- Chocolate 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
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Agave Sweetened Soy Yogurt

Dairy Alternatives (Cont'd)

So Delicious

- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- 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 Black Forest Ham
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Genoa Salami
- Sliced Hot Soppressata
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- 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

Desserts

WFM Gluten Free Bakehouse

- Carrot Cake

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix

Bob's Red Mill

TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

Chocolate Frosting Mix
Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix
Chocolate Chip Cookie Mix
Sugar Cookie Mix

Lundberg Farms

Organic Florentine Risotto
Organic Tuscan Risotto

Namaste

Brownie Mix
Cookie Mix
Pizza Crust Mix
Sugar-Free Muffin Mix
Vanilla Cake Mix
Waffle & Pancake Mix

Pamela's Products

Confetti Frosting Mix
Dark Chocolate Frosting Mix
Vanilla 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, Traditional

Ethnic Foods (Cont'd)

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

World Foods

Thai Basil Curry Stir Fry Sauce
Thai Coconut Galangal Stir Fry Sauce
Thai Red Curry Ready To Pour Sauce

Frozen Foods

Amy's

Kids Baked Ziti Meal
Organic Asian Noodle Stir-Fry
Organic Baked Ziti Bowl
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
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 Single Serve Non-Dairy Rice Crust Cheeze Pizza
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

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

Frozen Foods (Cont'd)

Ian's Natural Foods

Lightly Battered Fish, Wheat Free Gluten Free
Soy Cheesy French Bread Pizza, Wheat Free
Gluten Free
Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert
Green Tea Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle Waffles

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Non-Dairy Frozen Coconut Milk Dessert
Chocolate Obsession Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen
Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk
Dessert
Dulce De Leche Non-Dairy Frozen Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut
Milk Dessert
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
Snickerdoodle Non-Dairy Frozen Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Fudge Bar, Sugar Free
Orange Passion Fruit Agave Sweetened Fruit Bar

Frozen Foods (Cont'd)

So Delicious

Strawberry Agave Sweetened Fruit Bar
Vanilla Bar, Made with Coconut Milk

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free Homestyle Pancakes
Wheat Free Mini Homestyle Waffles

Grains and Rice

Ancient Harvest

Inca Red Organic Quinoa 12 oz
Traditional Organic Quinoa 12 oz

Lundberg Farms

Eco-Farmed California Brown Basmati Rice
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 Short Grain Brown Rice
Eco-Farmed Wehani Gourmet Brown Rice
Eco-Farmed Wild Blend Gourmet Blend Rice
Organic California Brown Basmati Rice
Organic California Brown Jasmine Rice, 25 lb
Organic California White Basmati Rice
Organic Golden Rose Medium Grain Brown Rice
Organic Long Grain Brown Rice
Organic Short Grain Brown Rice
Organic White Long Grain Rice
Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

- Creamy Peanut Butter, 26 oz
- Crunchy Peanut Butter, 26 oz

Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

- TVP (Textured Vegetable Protein)

WestSoy

- Extra Firm Tofu, Tidal Wave 14 oz

Meat and Poultry

Applegate Farms

- Beef Hot Dogs
- Big Apple Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Sweet Italian Sausage
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage
- Sliced Sunday Bacon
- Sliced Turkey Bacon
- Turkey Hot Dogs

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Hulled Hemp Seeds
- Organic Brown Flaxseeds
- Organic Golden Flaxseeds

Pasta

Ancient Harvest

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

Bionaturae

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

DeBoles Foods

- Multi-Grain Spaghetti
- Rice Lasagna
- Rice Spirals

Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta

Pasta Sauce

Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce
- Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

- Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa

Sauces, Salsas and Dips (Cont'd)

Organicville

- Organic Mild Salsa
- Organic Sesame Teriyaki

World Foods

- Thai Basil Curry Stir Fry Sauce
- Thai Coconut Galangal Stir Fry Sauce
- Thai Red Curry Ready To Pour Sauce

Seafood

Starfish

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

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
- Organic Lentil Soup, Light in Sodium
- Organic Lentil Vegetable Soup
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Medium Chili with Vegetables
- Organic Medium Chili, Light in Sodium
- 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
- Corn & Lemongrass Soup 32 oz

Soups (Cont'd)

Imagine Foods

- 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
- 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
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup