

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Charles River Plaza 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.

..
..
--
--

Baked Goods

WFM Gluten Free Bakehouse

Molasses Ginger Cookies
Morning Glory Muffins

Baking Needs

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix
Gluten Free Vanilla Cake Mix

Baking Needs (Cont'd)

Arrowhead Mills

Long Grain Brown Rice Flour
Millet Flour
Soy Flour
White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Cornbread Mix
Gluten Free Garbanzo & Fava Bean Flour
Gluten Free Pancake Mix
Gluten Free Pizza Crust Mix
Gluten Free Sweet White Sorghum Flour
GlutenFree Rolled Oats
Organic Coconut Flour

Baking Needs (Cont'd)

Bob's Red Mill

- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Teff Flour
- Xanthan Gum

Cherrybrook Kitchen

- Vanilla Frosting

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Pamela's Products

- Confetti Frosting Mix
- Dark Chocolate Frosting Mix

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Antioxidant Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Caffeine Free Celestial Tea, 40 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Decaf Green Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- True Blueberry, 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 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 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

Amy's

Organic Cream of Rice Hot Cereal Bowl

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

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

Bakery On Main

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

Bob's Red Mill

GlutenFree Rolled Oats

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

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

Chips, Pretzels and Snacks

Arico

Cassava Chips, Barbecue Bliss
Cassava Chips, Sea Salt Mist

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

Jalapeno Tortilla Chips 6 oz
Multigrain Tortilla Chips 6 oz
Olive Tortilla Chips 6 oz

Glutino

Pretzels, Unsalted

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
Vegenaise, Original

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Non Dairy Ranch

Condiments (Cont'd)

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce
- Organic Tangy BBQ Sauce

Spectrum

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 32 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Olive Oil Mayonnaise
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle
- Organic Wasabi Mayonnaise 12 oz

Cookies and Snack Bars

Bakery On Main

- Peanut Butter Chocolate Chip Granola Bars

Enjoy Life

- Cocoa Loco Snack Bars
- 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
- Penguin Organic Crispy Rice Bars, Fruity Burst

Gilbert's Gourmet Goodies

- Chocolate Chip Paradise Cookie
- Chocolate Chip Paradise Cookies, Bite-Sized
- Sensational Sugar Cookies, Bite-Sized

Glutino

- Breakfast Bars, Blueberry
- Breakfast Bars, Chocolate
- Breakfast Bars, Cranberry

Cookies and Snack Bars (Cont'd)

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies

WFM Gluten Free Bakehouse

- 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 Cream Cheese
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese
- Vegan Gourmet Sour Cream

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

Dairy Alternatives (Cont'd)

So Delicious

Vanilla Coconut Milk Kefir

WestSoy

Longevity Soy Beverage, Plain 32 oz
Longevity Soy Beverage, Vanilla 32 oz
Plus Soy Beverage, Plain 32 oz
Plus Soy Beverage, Plain 64 oz
Plus Soy Beverage, Vanilla 32 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
Salametti
Sliced Authentic Prosciutto
Sliced Coppa
Sliced 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 Pepperoni
Sliced Slow Cooked Ham
Sliced Smoked Turkey
Sliced Soppressata

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix
Gluten Free Pizza Crust Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix
Fudge Brownie Mix
Pancake & Waffle Mix

Entrees and Mixes (Cont'd)

Lundberg Farms

Organic Florentine Risotto
Organic Tuscan Risotto

Pamela's Products

Confetti Frosting Mix
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 Mexican Tamale Pie
Organic Roasted Vegetable Tamale Whole Meal
Organic Teriyaki Bowl
Organic Thai Stir-Fry

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

World Foods

Thai Red Curry Ready To Pour Sauce

Frozen Foods

Amy's

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

Frozen Foods (Cont'd)

Amy's

- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Cream of Rice Hot Cereal Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal
- 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

French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

Gluten Free Cafe

- Asian Noodles

Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- French Toast Sticks, Wheat Free Gluten Free
- 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
- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Almond Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

Frozen Foods (Cont'd)

Nature's Path

- Organic Mesa Sunrise Waffles

Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mint Marble Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert
- Non-Dairy Creamy Fudge Bar

Purely Decadent

- Belgian Chocolate Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
- Dulce De Leche Non-Dairy Frozen Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip 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
- Turtle Trails 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
- Raspberry Agave Sweetened Fruit Bar

Frozen Foods (Cont'd)

So Delicious

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

Van's

Wheat Free Blueberry Waffles

Wheat Free Buckwheat Waffles

Wheat Free Flax Waffles

Wheat Free Homestyle Pancakes

Wheat Free Homestyle Waffles

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 Long Grain Brown Rice

Eco-Farmed Short Grain Brown Rice

Eco-Farmed Wehani Gourmet Brown 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 Quick Wild Rice

Organic Short Grain Brown Rice

Organic White Long Grain Rice

Organic Wild & Wehani Rice

Organic Wild & White Basmati Rice

Grains and Rice (Cont'd)

Lundberg Farms

Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

Creamy Peanut Butter, 26 oz

Earth Balance

Creamy Natural Almond Butter

Creamy Natural Peanut Butter

Crunchy Natural Peanut Butter

Meat Alternatives

Applegate Farms

Organic Smoked Andouille

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 Hot Dogs

Organic Fire Roasted Red Pepper Sausage

Organic Hot Dogs

Organic Poultry Andouille Sausage

Organic Smoked Bratwurst

Organic Smoked Kielbasa

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

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, Rotelle 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 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 Penne
- Rice Spirals

Lundberg Farms

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

Pasta Sauce

Amy's

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

Prepared Foods

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

- Organic Medium Salsa
- Organic Mild Salsa

Sauces, Salsas and Dips (Cont'd)

Amy's

- Organic Spicy Chipotle Salsa

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

World Foods

- Thai Red Curry Ready To Pour Sauce

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 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 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

Soups (Cont'd)

Imagine Foods

- Chicken Broth 16 oz
- Corn & Lemongrass Soup 16 oz
- Corn & Lemongrass Soup 32 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 Portabello Mushroom Soup 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup 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 32 oz

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup