

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Newton 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

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free All Purpose Baking Mix  
Gluten Free Pancake & Baking Mix  
Gluten Free Vanilla Cake Mix  
Millet Flour  
Soy Flour  
Yellow Corn Meal

### Baking Needs (Cont'd)

#### Bob's Red Mill

Almond Flour  
Flaxseed Meal  
Gluten Free All Purpose Baking Flour  
Gluten Free Brownie Mix  
Gluten Free Garbanzo & Fava Bean Flour  
Gluten Free Pizza Crust Mix  
GlutenFree Rolled Oats  
Organic Coconut Flour  
White Rice Flour

#### Cherrybrook Kitchen

Chocolate Frosting Mix  
Vanilla Frosting Mix

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Chocolate Chip Cookie Mix

## Baking Needs (Cont'd)

### 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

Bengal Spice Tea, 20 Ct

Caffeine Free Celestial Tea, 40 Ct

Candy Cane Lane Decaf Tea, 20 Ct

Chamomile Tea, 20 Ct

Chamomile Tea, 40 Ct

Honey Vanilla Chamomile Tea, 20 Ct

Nutcracker Sweet Herbal Tea

Peppermint Tea, 20 Ct

Peppermint Tea, 40 Ct

Sleepytime Extra Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Tea, 40 Ct

Sugar Plum Spice, 20 Ct

Wild Berry Tea, 20 Ct

### So Delicious

Original (Plain) Coconut Milk Beverage

Vanilla Coconut Milk Beverage

## Bread

### Glutino

Premium Cinnamon & Raisin Bread

Premium Corn Bread

Premium Fiber Bread

Premium Flax Seed Bread

## Canned Goods

### Amy's

Organic Refried Black Beans

Organic Refried Black Beans, Low in Sodium

Organic Traditional Refried Beans, Light in Sodium

Organic Vegetarian Baked Beans

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Organic Yellow Corn Grits

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

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

### 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

## **Chips, Pretzels and Snacks**

### **Food Should Taste Good**

- Buffalo 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, Sesame Rings

### **Hain Pure Food**

- Mini Munch Rice Snacks, Apple Cinnamon
- Mini Munch Rice Snacks, Honey Nut

### **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 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
- Sesame Tamari Rice Cakes
- 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, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce
- Organic Tangy BBQ Sauce

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

### **Spectrum**

- Canola Mayonnaise 16 oz
- Organic Olive Oil Mayonnaise
- Organic Omega-3 Mayonnaise with Flax 16 oz

## **Cookies and Snack Bars**

### **Arico**

- Almond Cranberry Cookies

### **Cherrybrook Kitchen Gluten Free Dreams**

- Chocolate Chip Mini Cookies

### **Enjoy Life**

- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Lively Lemon 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
- Organic Vanilla Animal Cookies
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

### **Glutino**

- Breakfast Bars, Blueberry
- Breakfast Bars, Cranberry

### **Pamela's Products**

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies
- Simplebites Ginger Mini Snapz

## **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

### So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Passionate Mango Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Raspberry Dairy Free Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Cultured Coconut Milk Yogurt

### 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 64 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey

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

### Applegate Farms

- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Turkey Salami

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking 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

### Lundberg Farms

- 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 Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

## Ethnic Foods (Cont'd)

### Organicville

Organic Sesame Teriyaki

### World Foods

Thai Green Curry Paste

Thai Red Curry Paste

## Frozen Foods

### Amy's

Kids Baked Ziti Meal

Organic Asian Noodle Stir-Fry

Organic Baked Ziti Bowl

Organic Black Bean Enchilada Whole Meal

Organic Black Bean Tamale Verde Whole Meal

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 Mexican Tamale Pie

Organic Roasted Vegetable Tamale Whole Meal

Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza

Organic Teriyaki Bowl

Organic Thai Stir-Fry

### Applegate Farms

Maple Breakfast Sausage

Organic Turkey Burgers

Sage Breakfast Sausage

### Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free

French Toast Sticks, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Soy Cheesy French Bread Pizza, 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

## Frozen Foods (Cont'd)

### It's Soy Delicious

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

Strawberry Non-Dairy Frozen Dessert

### Purely Decadent

Belgian Chocolate Non-Dairy Frozen Dessert

Chocolate Obsession Non-Dairy Frozen Dessert

Coconut Non-Dairy Frozen Coconut Milk Dessert

Cookie Dough Non-Dairy Frozen Coconut Milk Dessert

Dulce De Leche Non-Dairy Frozen Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk

Fudge Bar, Sugar Free

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 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

## Grains and Rice (Cont'd)

### 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 Short Grain Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic Wild & White Basmati Rice
- Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

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

### Earth Balance

- Creamy Natural Almond Butter

## Meat Alternatives

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

- Beef Hot Dogs
- Big Apple Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Maple Breakfast Sausage
- Organic Hot Dogs
- Organic Sweet Italian Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage
- Sliced Sunday Bacon
- Sliced Turkey Bacon
- Turkey Hot Dogs

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 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

- Rice Angel Hair Pasta
- Rice Penne

## Pasta Sauce

### Amy's

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

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

### Organicville

- Organic Mild Salsa
- Organic Sesame Teriyaki

## 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 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 Spicy Chili
- Organic Split Pea Soup, Light in Sodium
- 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
- Corn & Lemongrass Soup 16 oz
- Corn & Lemongrass Soup 32 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 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, Low Sodium 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 oz
- Sweet Potato Soup 32 oz
- Vegetable Broth 32 oz

## **Spices and Seasonings**

### **World Foods**

- Thai Green Curry Paste
- Thai Red Curry Paste

### **Sweeteners**

#### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup