

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Providence 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-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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## Baby & Infant Food

### Stonyfield Farm

YoBaby Banana/Vanilla Yogurt  
YoBaby Blueberry/Apple Yogurt  
YoBaby Drinkable Yogurt, Banana  
YoBaby Drinkable Yogurt, Peach  
YoBaby Peach/Pear Yogurt  
YoBaby Simply Plain Yogurt

## Baked Goods

### WFM Gluten Free Bakehouse

Banana Bread  
Blueberry Muffins  
Chocolate Chip Cookies  
Chocolate Cupcakes  
Cranberry Orange Scones  
Molasses Ginger Cookies  
Nutmeal Raisin Cookies  
Peanut Butter Cookies  
Prairie Bread  
Sandwich Bread  
Stuffing Cubes  
Vanilla Cupcakes

## Baking Needs

### 365 Everyday Value™

Gluten Free All Purpose Baking Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Muffin Mix

## Baking Needs (Cont'd)

### 365 Everyday Value™

Gluten Free Pancake & Waffle Mix  
Gluten Free Sandwich Bread Mix  
Gluten Free White Cake Mix

### Aleia's Gluten Free Foods

Gluten Free Italian Bread Crumbs

### Ancient Harvest

Organic Quinoa Flour 18 oz

### Arrowhead Mills

Blue Corn Meal  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Millet 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  
Organic Brown Flaxseeds  
Organic Coconut Flour  
Organic Flaxseed Meal  
Organic Golden Flaxseed Meal  
Organic Golden Flaxseeds  
Teff Flour  
White Rice Flour

### Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

### Earth Balance

Shortening

## Baking Needs (Cont'd)

### Let's Do...

Chocolatey Sprinkelz

### Let's Do... Organic

Organic Coconut Flakes  
Organic Shredded Coconut  
Organic Tapioca Granules  
Organic Tapioca Starch

### Pamela's Products

Baking & Pancake Mix  
Chocolate Brownie Mix

### Tropical Source

Semi Sweet Chocolate Chips

## Beverages

### Celestial Seasonings

Bengal Spice Tea, 20 Ct  
Caffeine Free Celestial Tea, 40 Ct  
Chamomile Tea, 20 Ct  
Chamomile Tea, 40 Ct  
Country Peach Passion  
Honey Vanilla Chamomile Tea, 20 Ct  
Mandarin Orange Spice Tea, 20 Ct  
Peppermint Tea, 20 Ct  
Peppermint Tea, 40 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

### Aleia's Gluten Free Foods

Gluten Free Cinnamon Raisin Bread  
Gluten Free Italian Bread Crumbs

### Enjoy Life

Original Bagels

### Food For Life

Brown Rice Bread, Wheat & Gluten Free  
Millet Bread, Wheat & Gluten Free  
Raisin Pecan Bread, Wheat & Gluten Free

## Bread (Cont'd)

### Food For Life

Rice Almond Bread, Wheat & Gluten Free

### Glutino

Bagels, Cinnamon 'n Raisin  
Bagels, Sesame Seed  
Premium Cinnamon & Raisin Bread  
Premium Corn Bread  
Premium Fiber Bread

### WFM Gluten Free Bakehouse

Prairie Bread  
Sandwich Bread

## Candy and Chocolate

### Endangered Species Chocolate

Dark Chocolate with Cranberries & Almonds - Wolf  
Dark Chocolate with Deep Forest Mint  
Dark Chocolate with Espresso Beans - Tiger  
Dark Chocolate with Hazelnut Toffee - Rhino  
Dark Chocolate with Raspberries - Grizzly Bear  
Extreme Dark Chocolate - Panther  
Intense Dark Chocolate with Cacao Nibs - Bat  
Organic Health Dark Chocolate with Cacao Nibs, Yacon & Acai  
Organic Health Dark Chocolate with Goji Berry, Pecans & Maca  
Organic Health Dark Chocolate with Goldenberry & Lucuma  
Smooth Milk Chocolate - Sea Otter  
Smooth Organic Milk Chocolate - Lion  
Supreme Dark Chocolate - Chimpanzee

### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

### Glee Gum

Glee Cinnamon Gum  
Glee Spearmint Gum  
Glee Tangerine Gum

## Candy and Chocolate (Cont'd)

### Let's Do...

Chocolatey Sprinkelz

### Let's Do... Organic

Organic Classic Gummi Bears  
Organic Jelly Gummi Bears  
Organic Super Sour Gummi Bears

## Canned Goods

### Amy's

Organic Refried Black Beans  
Organic Traditional Refried Beans, Light in Sodium  
Organic Vegetarian Baked Beans

### Native Forest

Artichoke Hearts, Whole  
Green Asparagus Cuts & Tips  
Organic Hearts of Palm  
Organic Papaya Chunks  
Organic Pineapple Chunks  
Organic Pineapple, Crushed  
Organic Tropical Fruit Salad

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes  
Organic Rice & Shine Hot Cereal

### Bakery On Main

Extreme Fruit & Nut Gluten Free Granola

### Barbara's Bakery

Honey Rice Puffins Cereal

### EnviroKidz

Amazon Frosted Flakes Organic Cereal  
Gorilla Munch Organic Cereal  
Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal  
Peanut Butter Panda Puffs Organic Cereal

## Cereal (Cont'd)

### Glutino

Honey Nut 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  
Organic Whole O's Cereal

## Cheese

### Applegate Farms

American Cheese  
Sliced Aged Cheddar Cheese  
Sliced Emmentaler Swiss Cheese  
Sliced Medium Cheddar Cheese  
Sliced Organic Mild Cheddar Cheese  
Sliced Pepperjack Cheese  
Sliced Provolone Cheese

### Follow Your Heart

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

### Wholesome Valley Organic

Organic Dairy Slices, American  
Organic Dairy Slices, Mozzarella

## Chips, Pretzels and Snacks

### Food Should Taste Good

Lime Tortilla Chips 5.5 oz  
Sweet Potato Tortilla Chips 6 oz  
Yellow Corn Tortilla Chips 11 oz

### Food Should Taste Good

Jalapeno Tortilla Chips 6 oz  
Multigrain Tortilla Chips 6 oz

### Glutino

Pretzels, Family Bag  
Pretzels, Sesame Rings

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

### **Kettle Brand®**

Krinkle Cut Potato Chips, Lightly Salted 14 oz  
Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 14 oz  
Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 2 oz  
Potato Chips, Lightly Salted 14 oz  
Potato Chips, Lightly Salted 2 oz  
Potato Chips, Lightly Salted 5 oz  
Potato Chips, New York Cheddar w/ Herbs 2 oz  
Potato Chips, New York Cheddar w/ Herbs 5 oz  
Potato Chips, Organic Lightly Salted 5 oz  
Potato Chips, Sea Salt & Vinegar 2 oz  
Potato Chips, Sea Salt & Vinegar 5 oz  
Potato Chips, Unsalted 5 oz

### **Kettle Brand®**

Baked Potato Chips, Aged White Cheddar 4 oz  
Baked Potato Chips, Hickory Honey BBQ 4 oz  
Baked Potato Chips, Lightly Salted 4 oz  
Baked Potato Chips, Sea Salt & Vinegar 4 oz  
Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 5 oz  
Potato Chips, Backyard Barbeque 5 oz  
Potato Chips, Jalapeno 2 oz  
Potato Chips, Jalapeno 5 oz  
Potato Chips, Lightly Salted 9 oz  
Potato Chips, Organic Sea Salt & Black Pepper 5 oz  
Potato Chips, Sour Cream, Onion & Chive 5 oz  
Potato Chips, Spicy Thai 5 oz  
Potato Chips, Sweet Onion 5 oz

### **Lundberg Farms**

Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Unsalted Brown 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, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Ketchup

### **Spectrum**

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

## **Cookies and Snack Bars**

### **Aleia's Gluten Free Foods**

Gluten Free Chocolate Coconut Macaroons

### **Aunt Gussie's Cookies**

Gluten Free Chocolate Spritz 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 No-Oats "Oatmeal" Cookie

### **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

## Cookies and Snack Bars (Cont'd)

### EnviroKidz

Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry  
Chocolate Coated Wafers  
Chocolate Vanilla Cream Cookies  
Lemon Wafers

### Ian's Natural Foods

Chocolate Chip Cookie Buttons, Wheat Free Gluten Free

### Let's Do...

Gluten Free Ice Cream Cones

### Mi-Del

Ginger Snaps

### Pamela's Products

Butter Shortbread Cookies  
Chocolate Chip Walnut Cookies  
Chunky Chocolate Chip Cookies  
Ginger Cookies with Sliced Almonds  
Organic Dark Chocolate Chunk Cookies  
Peanut Butter Cookies  
Pecan Shortbread Cookies  
Simplebites Chocolate Chip Mini Cookies

### WFM Gluten Free Bakehouse

Chocolate Chip Cookies  
Molasses Ginger Cookies  
Nutmeal Raisin Cookies  
Peanut Butter Cookies

## Crackers

### Blue Diamond

Almond Nut-Thins  
Cheddar Cheese Nut-Thins  
Hazelnut Nut-Thins  
Smokehouse Almond Nut-Thins

### Edward & Sons

Brown Rice Snaps, Unsalted Sesame  
Exotic Rice Toast, Brown Jasmine Rice & Spring Onion

## Crackers (Cont'd)

### Edward & Sons

Exotic Rice Toast, Purple Rice & Black Sesame  
Organic Brown Rice Snaps, Black Sesame  
Organic Brown Rice Snaps, Cheddar  
Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

### Glutino

Crackers, Original

### Mary's Gone Crackers

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

## Dairy

### Brown Cow

Low Fat Blueberry Yogurt, 6 oz  
Low Fat Peach Yogurt, 6 oz  
Maple Whole Milk Yogurt, 32 oz  
Non Fat Plain Yogurt, 32 oz  
Non Fat Vanilla Yogurt, 32 oz  
Plain Whole Milk Yogurt, 32 oz  
Vanilla Whole Milk Yogurt, 6 oz

### Earth Balance

Buttery Sticks  
Organic Whipped Buttery Spread  
Original Buttery Spread  
Soy Free Buttery Spread  
Soy Garden Buttery Spread

### Stonyfield Farm

Fat Free French Vanilla Probiotic Multi-Pack  
Fat Free Strawberry Probiotic Multi-Pack  
Organic Banana Berry Yogurt Smoothie, 10 oz  
Organic Cream Top Chocolate Underground, 6 oz  
Organic Cream Top French Vanilla Yogurt, 32 oz  
Organic Cream Top French Vanilla, 6 oz  
Organic Cream Top Plain Yogurt, 32 oz

## Dairy (Cont'd)

### Stonyfield Farm

Organic Cream Top Strawberries & Cream Yogurt, 6 oz  
Organic Fat Free Black Cherry Yogurt, Fruit on the Bottom, 6 oz  
Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz  
Organic Fat Free Chocolate Underground Yogurt, 6 oz  
Organic Fat Free French Vanilla Yogurt, 32 oz  
Organic Fat Free French Vanilla Yogurt, 6 oz  
Organic Fat Free Key Lime Yogurt, 6 oz  
Organic Fat Free Lotsa Lemon Yogurt, 6 oz  
Organic Fat Free Plain Yogurt, 32 oz  
Organic Fat Free Plain Yogurt, 6 oz  
Organic Fat Free Pomegranate Berry Yogurt, 6 oz  
Organic Fat Free Strawberry Yogurt, Fruit on the Bottom, 6 oz  
Organic Fat Free Strawberry, 6 oz  
Organic Low Fat BaNilla Yogurt, 32 oz  
Organic Low Fat Blueberry Yogurt, 32 oz  
Organic Low Fat Blueberry Yogurt, 6 oz  
Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz  
Organic Low Fat Plain Yogurt, 32 oz  
Organic Low Fat Plain Yogurt, 6 oz  
Organic Low Fat Raspberry Yogurt, 6 oz  
Organic Low Fat Strawberry Pomegranate Yogurt, 6 oz  
Organic Low Fat Strawberry Yogurt, 32 oz  
Organic Low Fat Vanilla Yogurt  
Organic Low Fat Vanilla, 32 oz  
Organic O'Soy Strawberry/Peach Yogurt, 6-pack  
Organic Peach Yogurt Smoothie, 10 oz  
Organic Raspberry Yogurt Smoothie, 10 oz  
Organic Strawberry Yogurt Smoothie, 10 oz  
Organic Vanilla Yogurt Smoothie, 10 oz  
Organic Wild Berry Yogurt Smoothie, 10 oz  
YoBaby Banana/Vanilla Yogurt  
YoBaby Blueberry/Apple Yogurt  
YoBaby Drinkable Yogurt, Banana

## Dairy (Cont'd)

### Stonyfield Farm

YoBaby Drinkable Yogurt, Peach  
YoBaby Peach/Pear Yogurt  
YoBaby Simply Plain Yogurt  
YoKids Squeezers Cherry/Berry Blitz  
YoKids Squeezers Screamin' Strawberry  
YoKids Strawberry Vanilla Raspberry Yogurt

## Dairy Alternatives

### 365 Everyday Value™

Organic Ricemilk - Original  
Organic Ricemilk - Unsweetened  
Organic Ricemilk - Vanilla  
Organic Soymilk - Chocolate, 32 oz  
Organic Soymilk - Chocolate, 64 oz  
Organic Soymilk - Original, 32 oz  
Organic Soymilk - Original, 64 oz  
Organic Soymilk - Unsweetened, 32 oz  
Organic Soymilk - Unsweetened, 64 oz  
Organic Soymilk - Vanilla, 32 oz  
Organic Soymilk - Vanilla, 64 oz

### Almond Dream

Almond Drink, Original 64 oz

### Blue Diamond

Almond Breeze, Chocolate  
Almond Breeze, Chocolate Unsweetened  
Almond Breeze, Original  
Almond Breeze, Original Unsweetened  
Almond Breeze, Vanilla  
Almond Breeze, Vanilla Unsweetened

### Follow Your Heart

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

### Rice Dream

Enriched Rice Milk Beverage, Chocolate 32 oz  
Enriched Rice Milk Beverage, Original 8 oz  
Enriched Rice Milk Beverage, Vanilla 32 oz  
Organic Enriched Rice Milk Beverage, Original 32 oz

## Dairy Alternatives (Cont'd)

### Rice Dream

- Organic Enriched Rice Milk Beverage, Original 64 oz
- Refrigerated Ricemilk, Original 64 oz
- Refrigerated Ricemilk, Vanilla 64 oz
- Rice Milk Beverage, Carob 32 oz
- Rice Milk Beverage, Original 32 oz
- Rice Milk Beverage, Vanilla 32 oz

### So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- 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 Kefir
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

## Deli Style Meats and Cheeses

### Applegate Farms

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

## Desserts

### WFM Gluten Free Bakehouse

- Chocolate Cupcakes
- Vanilla Cupcakes

## Entrees and Mixes

### 365 Everyday Value™

- Gluten Free All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Muffin Mix
- Gluten Free Pancake & Waffle Mix
- Gluten Free Sandwich Bread Mix
- Gluten Free White Cake Mix

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

### Lundberg Farms

- Garlic Primavera Risotto
- Organic Florentine Risotto
- Organic Tuscan Risotto

### Tasty Bite

- Bombay Potatoes
- Channa Masala
- Jodhpur Lentils
- Spinach Dal

## Ethnic Foods

### Amy's

- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada, Light in Sodium
- Organic Cheese Enchilada
- Organic Cheese Tamale Verde Whole Meal
- Organic Indian Palak Paneer
- Organic Indian Paneer Tikka
- Organic Indian Vegetable Korma
- Organic Mexican Casserole Bowl, Light in Sodium
- Organic Teriyaki Bowl
- Organic Tortilla Casserole & Black Beans Bowl

## Ethnic Foods (Cont'd)

### Edward & Sons

Miso-Cup, Organic Reduced Sodium  
Miso-Cup, Savory Seaweed

### Premier Japan

Organic Wheat-Free Teriyaki Sauce

### Tasty Bite

Bombay Potatoes  
Channa Masala  
Jodhpur Lentils  
Spinach Dal

## Frozen Foods

### Amy's

Organic Bistro Veggie Burger  
Organic Black Bean Enchilada Whole Meal  
Organic Black Bean Tamale Verde Whole Meal  
Organic Black Bean Vegetable Enchilada, Light in Sodium  
Organic Brown Rice & Vegetables Bowl, Light in Sodium  
Organic Cheese Enchilada  
Organic Cheese Tamale Verde Whole Meal  
Organic Garden Vegetable Lasagna  
Organic Indian Palak Paneer  
Organic Indian Paneer Tikka  
Organic Indian Vegetable Korma  
Organic Mexican Casserole Bowl, Light in Sodium  
Organic Rice Crust Cheese Pizza  
Organic Teriyaki Bowl  
Organic Tortilla Casserole & Black Beans Bowl

### Applegate Farms

Organic Turkey Burgers

### Glutino

Chicken Alfredo  
Chicken Ranchero  
Penne Alfredo  
Pizza, Duo Cheese  
Pizza, Spinach Feta

## Frozen Foods (Cont'd)

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
Chicken Patties, Wheat Free Gluten Free  
Lightly Battered Fish, Wheat Free Gluten Free

### Kettle Cuisine

Angus Beef Steak Chili with Beans  
Chicken Chili with White Beans  
Chicken Soup with Rice Noodles  
Grilled Chicken and Corn Chowder

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Homestyle Waffles

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
Dulce De Leche Non-Dairy Frozen Dessert  
Key Lime Pie Non-Dairy Frozen Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Snickerdoodle Non-Dairy Frozen Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### Rice Dream

Rice Dream, Strawberry

### 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

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

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

### Eden

- Organic Red Quinoa, Whole Grain

### Lundberg Farms

- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Jasmine Rice
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic White Long Grain Rice
- Organic Wild & Wehani Rice

## Jams and Nut Butters

### Arrowhead Mills

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

### Blue Diamond

- Homestyle Almond Butter, Creamy
- Homestyle Almond Butter, Honey

### Earth Balance

- Creamy Natural Almond Butter
- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat Alternatives

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

- Organic Beef Hot Dogs
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sliced Sunday Bacon
- Sliced Turkey Bacon

## Nutritional Supplements

### Country Life

- Chromium Picolinate Capsules, 100 ct
- DMAE 350mg Capsules, 50 ct
- Glucosamine Chondroitin Capsules, 90 ct
- L-Lysine 1000mg Tablets with B-6, 100 ct
- Melatonin 1mg Tablets, 120 ct
- Target-Mins Calcium Capsules, 90 ct
- Target-Mins Calcium-Magnesium Capsules, 180 ct
- Target-Mins Calcium-Magnesium Complex Tablets, 90 ct
- Target-Mins Calcium-Magnesium-Veg Capsules, 120 ct

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- 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, 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 Spaghetti

### Lundberg Farms

- Organic Brown Rice Penne Pasta

### Tinkyada

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Shells
- Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Vegetable Brown Rice Spirals

## Pasta Sauce

### Amy's

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

## Personal Care

### Tom's of Maine

- Bay Lime Sensitive Stick Deodorant
- Calendula Stick Deodorant
- Cinnamint Antiplaque with Propolis & Myrrh Toothpaste
- Cinnamon Clove Whole Care Toothpaste
- Fennel Anticavity SLS-Free Toothpaste
- Fennel Antiplaque Propolis & Myrrh Toothpaste
- Fennel Antiplaque Tartar Control Plus Whitening Toothpaste
- Lavender Long Lasting Stick Deodorant
- Lemongrass Long Lasting Stick Deodorant
- Orange-Mango Whole Care Gel Toothpaste
- Outrageous Orange-Mango Anticavity Toothpaste
- Peppermint Anti-Plaque Tartar Control Plus Whitening Toothpaste
- Peppermint Anticavity Toothpaste
- Peppermint Baking Soda Mouthwash
- Peppermint Tartar Control Mouthwash
- Peppermint Whole Care Gel Toothpaste
- Peppermint Whole Care Toothpaste
- Silly Strawberry Anticavity Toothpaste
- Silly Strawberry Non-Fluoride Toothpaste
- Spearmint Anti-Plaque Plus Whitening Gel Toothpaste
- Spearmint Anti-Plaque Tartar Control Plus Whitening Toothpaste
- Spearmint Anticavity Toothpaste
- Spearmint Cleansing Mouthwash
- Spearmint Whole Care Toothpaste
- Unflavored Flat Floss
- Unflavored Round Floss
- Unscented Long Lasting Stick Deodorant
- Unscented Stick Deodorant
- Wintermint Sensitive Toothpaste
- Wintermint Whole Care Toothpaste
- Woodspice Stick Deodorant

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa

### Organicville

- Organic Medium Salsa

### Premier Japan

- Organic Wheat-Free Teriyaki Sauce

## Seafood

### Starfish

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

## Soups

### Amy's

- Organic Black Bean Vegetable Soup
- Organic Chunky Tomato Bisque
- Organic Chunky Vegetable Soup
- Organic Cream of Tomato Soup
- Organic Cream of Tomato Soup, Light in Sodium
- Organic Curried Lentil Soup
- Organic Lentil Soup
- Organic Lentil Soup, Light in Sodium
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Split Pea Soup, Light in Sodium
- Organic Summer Corn & Vegetable Soup

### Edward & Sons

- Miso-Cup, Organic Reduced Sodium
- Miso-Cup, Savory Seaweed

### Imagine Foods

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 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

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

### **Imagine Foods**

- Organic Portabello Mushroom Soup 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Tomato Soup, 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

### **Kettle Cuisine**

- Angus Beef Steak Chili with Beans
- Chicken Chili with White Beans
- Chicken Soup with Rice Noodles
- Grilled Chicken and Corn Chowder

## **Specialty Foods**

### **WFM Gluten Free Bakehouse**

- Stuffing Cubes

### **Sweeteners**

#### **Lundberg Farms**

- Brown Rice Syrup