

Gluten and Casein 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 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
Molasses Ginger Cookies

Baking Needs

Ancient Harvest
Organic Quinoa Flour 18 oz

Arrowhead Mills
Blue Corn Meal
Gluten Free Pancake & Baking Mix
Long Grain Brown Rice Flour
Millet Flour

Baking Needs (Cont'd)

Arrowhead Mills
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

Baking Needs (Cont'd)

Earth Balance

Shortening

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

Enjoy Life

Original Bagels

Glutino

Premium Cinnamon & Raisin Bread
Premium Corn Bread
Premium Fiber Bread

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Canned Goods

Amy's

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

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

EnviroKidz

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

Follow Your Heart

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

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, Sesame Rings

Lundberg Farms

Honey Nut Rice Cakes
Organic Brown Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

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

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

Cookies and Snack Bars (Cont'd)

EnviroKidz

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

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, 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 Agave Sweetened Soy Yogurt
Blueberry Cultured Coconut Milk Yogurt
Chocolate Cultured Coconut Milk Yogurt
French Vanilla Coconut Milk Creamer

Dairy Alternatives (Cont'd)

So Delicious

- 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

Entrees and Mixes

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Ethnic Foods

Amy's

- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal

Ethnic Foods (Cont'd)

Amy's

- Organic Indian Vegetable Korma
- Organic Teriyaki Bowl

Frozen Foods

Amy's

- Organic Bistro Veggie Burger
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Indian Vegetable Korma
- Organic Teriyaki Bowl

Applegate Farms

- Organic Turkey Burgers

Ian's Natural Foods

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

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

So Delicious

- Coconut Almond Bar, Made with Coconut Milk
- Kidz Assorted Fruit Pops
- Vanilla Bar, Made with Coconut Milk

Frozen Foods (Cont'd)

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

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

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

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

Pasta Sauce

Amy's

- 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

Sauces, Salsas and Dips (Cont'd)

Organicville

Organic Medium Salsa

Sweeteners

Lundberg Farms

Brown Rice Syrup

Seafood

Starfish

Crispy Battered Gluten Free Cod

Crispy Battered Gluten Free Haddock

Soups

Amy's

Organic Black Bean Vegetable Soup

Organic Chunky Vegetable Soup

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

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

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