

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



River Street 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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Baking Needs

Arrowhead Mills

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

Baking Needs (Cont'd)

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 Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Baking Needs (Cont'd)

Cherrybrook Kitchen

Chocolate Frosting Mix
Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix
Chocolate Chip Cookie Mix
Fudge Brownie Mix
Pancake & Waffle Mix
Sugar Cookie Mix

Earth Balance

Shortening

Enjoy Life

Semi-Sweet Chocolate Chips

Hain

Baking Powder

Namaste

Brownie Mix
Waffle & Pancake Mix

Pamela's Products

Gluten-Free Bread Mix
Vanilla Frosting Mix

Beverages

Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct
Authentic Green Tea, 20 Ct
Bengal Spice Tea, 20 Ct
Chamomile Tea, 40 Ct
Cinnamon Apple Spice Tea, 20 Ct
Country Peach Passion
Cranberry Pomegranate Green Tea, 20 Ct
Decaf Mint Green 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
Mint Magic Tea, 20 Ct
Nutcracker Sweet Herbal Tea
Peppermint Tea, 20 Ct
Peppermint Tea, 40 Ct
Sleepytime Extra Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

Sleepytime Tea, 20 Ct
Sleepytime Tea, 40 Ct
Tension Tamer 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

Glutino

Premium Cinnamon & Raisin Bread
Premium Corn Bread
Premium Fiber Bread

Candy and Chocolate

Enjoy Life

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 Traditional Refried Beans

Cereal

Amy's

Organic Cream of Rice Hot Cereal Bowl

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Yellow Corn Grits

Bakery On Main

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

Cereal (Cont'd)

Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal
GlutenFree Rolled Oats

Enjoy Life

Cinnamon Crunch Granola
Cranapple Crunch Granola
Very Berry 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

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

Chips, Pretzels and Snacks (Cont'd)

Food Should Taste Good

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
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
Sesame Tamari Rice Cakes
Unsalted Brown Rice Cakes

Mr. Krispers

Baked Rice Krisps, Sea Salt & Pepper

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, Non Dairy Ranch

Condiments (Cont'd)

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Ketchup
- 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 Omega-3 Mayonnaise with Flax 16 oz
- Organic Roasted Garlic Mayonnaise 12 oz
- Organic Soy Mayonnaise 16 oz
- Organic Wasabi Mayonnaise 12 oz

Cookies and Snack Bars

Arico

- Almond Cranberry Cookies
- Peanut Butter Cookies

Enjoy Life

- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked No-Oats "Oatmeal" Cookie
- 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
- Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

- Breakfast Bars, Blueberry

Cookies and Snack Bars (Cont'd)

Jennie's

- Coconut Macaroons

Pamela's Products

- Peanut Butter 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

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
- 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 Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk 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

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

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie 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
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix

Namaste

- Brownie Mix
- Waffle & Pancake Mix

Pamela's Products

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

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

World Foods

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Coconut Galangal Stir Fry Sauce

Ethnic Foods (Cont'd)

World Foods

- Thai Green Curry Paste
- Thai Red Curry Paste
- 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, Light in Sodium
- 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 Fudge Brownie

Gluten Free Cafe

- Asian Noodles

Ian's Natural Foods

- Chicken Fingers, Allergen Free

Frozen Foods (Cont'd)

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen 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 Peanut Butter 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
- Organic Mesa Sunrise Waffles

Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Mint Marble Fudge Non-Dairy Frozen Dessert

Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk 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
- Mint Chip Non-Dairy Frozen Coconut Milk 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
- Purely Vanilla Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Fudge Bar, Sugar Free
Kidz Assorted Fruit Pops
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
Non-Dairy Fudge Bar, 6-pack

Van's

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

Grains and Rice

Ancient Harvest

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
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

Grains and Rice (Cont'd)

Lundberg Farms

Organic Quick Wild Rice
Organic Short Grain Brown Rice
Organic White Long Grain Rice
Organic Wild & Wehani Rice
Organic Wild & White Basmati Rice
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

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
Greatest Little Organic Smokey Cocktail Frank
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 Sliced Sunday Bacon
Organic Smoked Bratwurst
Organic Turkey Burgers
Organic Turkey Hot Dogs
Sage Breakfast Sausage
Sliced Organic Turkey Bacon
Sliced Sunday Bacon
Sliced Turkey Bacon

Meat and Poultry (Cont'd)

Applegate Farms

Turkey Hot Dogs

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, Spaghetti 8 oz

Bionaturae

Organic Gluten Free Elbows Pasta
Organic Gluten Free Fusilli
Organic Gluten Free Penne Rigate
Organic Gluten Free Spaghetti

DeBoles Foods

Multi-Grain Penne
Multi-Grain Spaghetti
Rice Angel Hair Pasta
Rice Lasagna
Rice Penne

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 Low Sodium Marinara Sauce
Organic Tomato Basil Pasta 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 Island Teriyaki
Organic Sesame Teriyaki

World Foods

IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
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
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
Organic Southwestern Black Bean Chili
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

Soups (Cont'd)

Imagine Foods

- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- 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 Corn Soup, 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 16 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