

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Swampscott 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

- Almond Cookies
- Carrot Cake
- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

Ancient Harvest

- Organic Quinoa Flour 18 oz

Baking Needs (Cont'd)

Arrowhead Mills

- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Pancake & Baking Mix
- Gluten Free Vanilla Cake Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

Bob's Red Mill

- Almond Flour
- Flaxseed Meal
- Gluten Free All Purpose Baking Flour
- Gluten Free Brownie Mix
- Gluten Free Chocolate Cake Mix
- Gluten Free Pancake Mix

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Golden Flaxseeds
- Teff Flour
- Xanthan Gum

Cherrybrook Kitchen

- Vanilla Frosting
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Spice Cake & Gingerbread Mix

Hain

- Baking Powder

Namaste

- Cookie Mix
- Pizza Crust Mix
- Waffle & Pancake Mix

Pamela's Products

- Gluten-Free Bread Mix

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Caffeine Free Celestial Tea, 40 Ct
- Chamomile Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion

Beverages (Cont'd)

Celestial Seasonings

- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- 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

Enjoy Life

- Cinnamon Raisin Bagels
- Original Bagels

Glutino

- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread

Canned Goods

Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans

Cereal

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Arrowhead Mills

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

Cereal (Cont'd)

Bakery On Main

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

Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal
GlutenFree Rolled Oats

EnviroKidz

Amazon Frosted Flakes Organic Cereal
Gorilla Munch Organic Cereal
Koala Crisp Organic Cereal
Koala Crisp Organic Cereal, 26 oz
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 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
Yellow Corn Tortilla Chips 11 oz

Chips, Pretzels and Snacks (Cont'd)

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 Tamari Seaweed 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, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sesame Goddess
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Condiments (Cont'd)

Organicville

Organic Ketchup

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 Wasabi Mayonnaise 12 oz

Cookies and Snack Bars

Bakery On Main

Peanut Butter Chocolate Chip Granola Bars

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini Cookies

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Lively Lemon Cookies
Soft Baked No-Oats "Oatmeal" Cookie
Soft Baked Snickerdoodle Cookies
Very Berry Snack Bars

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

Glutino

Breakfast Bars, Blueberry

Jennie's

Coconut Macaroons

Cookies and Snack Bars (Cont'd)

Pamela's Products

Ginger Cookies with Sliced Almonds
Peanut Butter Cookies

WFM Gluten Free Bakehouse

Almond Cookies
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 Monterey Jack
Vegan Gourmet Mozzarella Cheese
Vegan Gourmet Nacho Cheese

So Delicious

Blueberry Cultured Coconut Milk Yogurt
Chocolate Cultured Coconut Milk Yogurt
Cinnamon Bun Dairy Free 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
Pina Colada Cultured Coconut Milk Yogurt
Plain Cultured Coconut Milk Yogurt
Raspberry Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

So Delicious

- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- 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 64 oz
- Plus Soy Beverage, Vanilla 32 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

- Canadian Bacon
- Organic Sliced Oven Roasted Chicken
- Salametti
- Sliced Genoa Salami
- Sliced Honey Maple Turkey
- Sliced Hot Soppressata
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Smoked Chicken
- Sliced Organic Smoked Turkey
- Sliced Oven Roasted Sliced Turkey
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Soppressata
- Sliced Turkey Salami

Desserts

WFM Gluten Free Bakehouse

- Carrot Cake

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix

Entrees and Mixes (Cont'd)

Bob's Red Mill

- Gluten Free Chocolate Cake Mix

Cherrybrook Kitchen

- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Namaste

- Cookie Mix
- Pizza Crust Mix
- Waffle & Pancake 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 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 Basil Curry Stir Fry Sauce
- Thai Coconut Galangal Stir Fry Sauce
- Thai Red Curry Paste

Frozen Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Baked Ziti Bowl
- 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
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie
- Organic Shepherd's Pie, Light in Sodium
- 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
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Almond Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

It's Soy Delicious

- 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
- 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
- Strawberry Non-Dairy Frozen Dessert

Purely Decadent

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Obsession Non-Dairy Frozen 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
- 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
- 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

Frozen Foods (Cont'd)

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, 6-pack

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
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
Organic Quick Wild Rice

Grains and Rice (Cont'd)

Lundberg Farms

Organic Short Grain Brown Rice
Organic White Long Grain 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 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 & Apple Sausage
Organic Chicken Hot Dogs
Organic Fire Roasted Red Pepper Sausage
Organic Hot Dogs
Organic Sweet Italian Sausage
Organic Turkey Burgers
Organic Turkey Hot Dogs
Sage Breakfast Sausage
Sliced Sunday Bacon
Sliced Turkey Bacon
Turkey Hot Dogs

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, 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

DeBoles Foods

- Corn Elbow Pasta
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Lasagna
- Rice Penne

Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini 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

Prepared Foods

Food Merchants

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

Sauces, Salsas and Dips

Amy's

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

Sauces, Salsas and Dips (Cont'd)

Organicville

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

World Foods

- Thai Basil Curry Stir Fry Sauce
- Thai Coconut Galangal Stir Fry 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 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, Light in Sodium
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup
- 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 32 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

Soups (Cont'd)

Imagine Foods

- 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
- 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 Red Curry Paste

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup