

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Symphony 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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### Baked Goods

#### WFM Gluten Free Bakehouse

Molasses Ginger Cookies

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour  
Long Grain Brown Rice Flour  
Millet Flour  
Yellow Corn Meal

### Baking Needs (Cont'd)

#### Bob's Red Mill

Almond Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Garbanzo & Fava Bean Flour  
Gluten Free Pizza Crust Mix  
GlutenFree Rolled Oats  
Hemp Protein Powder  
Organic Coconut Flour  
Organic Flaxseed Meal  
Organic Golden Flaxseed Meal  
Organic Golden Flaxseeds  
Xanthan Gum

#### Cherrybrook Kitchen

Vanilla Frosting

#### Cherrybrook Kitchen Gluten Free Dreams

Sugar Cookie Mix

## Baking Needs (Cont'd)

### Earth Balance

Shortening

### Gluten Free Pantry

Perfect Pie Crust Mix

### Pamela's Products

Confetti Frosting Mix

## Beverages

### 365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

Cola

Ginger Ale

Key Lime Soda

Orange Creme Soda

Raspberry Soda

Root Beer Soda

### Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct

Bengal Spice Tea, 20 Ct

Chamomile Tea, 20 Ct

Grandma's Tummy Mint Tea, 20 Ct

Honey Vanilla Chamomile Tea, 20 Ct

Lemon Zinger Tea, 20 Ct

Mint Magic Tea, 20 Ct

Peppermint Tea, 20 Ct

Sleepytime Extra Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Throat Tamer Tea, 20 Ct

Tension Tamer 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 Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## Canned Goods

### Amy's

Organic Refried Beans with Green Chiles

Organic Refried Black Beans

Organic Traditional Refried Beans

Organic Traditional Refried Beans, Light in Sodium

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Bakery On Main

Apple Raisin Walnut Gluten Free Granola

Nutty Cranberry Gluten Free Granola

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

### EnviroKidz

Gorilla Munch Organic Cereal

Koala Crisp 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 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 Nacho Cheese

## **Chips, Pretzels and Snacks**

### **Food Should Taste Good**

Jalapeno Tortilla Chips 1.5 oz  
Lime Tortilla Chips 5.5 oz  
Yellow Corn Tortilla Chips 11 oz

### **Food Should Taste Good**

Chocolate Tortilla Chips 6 oz  
Jalapeno Tortilla Chips 6 oz  
Multigrain Tortilla Chips 6 oz  
Olive Tortilla Chips 6 oz

### **Glutino**

Pretzels, Sesame Rings

### **Lundberg Farms**

Organic Brown Rice Cakes  
Organic Mochi Sweet Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Sante Fe BBQ Rice Chips  
Sesame Tamari Rice Cakes

## **Condiments**

### **Follow Your Heart**

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, Orange Cranberry Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic  
Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

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

### **Organicville**

Organic Tangy BBQ Sauce

### **Spectrum**

Canola Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 16 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**

### **Bakery On Main**

Cranberry Maple Nut Granola Bars  
Peanut Butter Chocolate Chip Granola Bars

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

Chocolate Chip Mini Cookies

### **Enjoy Life**

Caramel Apple Snack Bars  
Soft Baked Double Chocolate Brownie Cookies  
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  
Organic Vanilla Animal Cookies  
Panda Organic Crispy Rice Bars, Peanut Butter  
Penguin Organic Crispy Rice Bars, Fruity Burst

### **Glutino**

Breakfast Bars, Blueberry

### **Orgran**

Outback Animals - Chocolate Cookies  
Outback Animals - Vanilla Cookies

## Cookies and Snack Bars (Cont'd)

### Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies
- Simplebites Extreme Chocolate Mini Cookies

### WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

## Crackers

### Health Valley

- Rice Bran 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 Nacho Cheese

### So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- Original (Plain) Coconut Milk Beverage
- Passionate Mango Cultured Coconut Milk Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage

## Dairy Alternatives (Cont'd)

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 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

- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Coppa
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Genoa Salami
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Pancetta
- Sliced Pepperoni
- Sliced Soppressata
- Sliced Turkey Bologna
- Sliced Turkey Salami

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

- Dark Chocolate Bars - individual bars

## Entrees and Mixes

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

## Entrees and Mixes (Cont'd)

### Pamela's Products

Confetti Frosting Mix

## Ethnic Foods

### Amy's

Organic Asian Noodle Stir-Fry  
Organic Black Bean Enchilada 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

### Food Merchants

Organic Polenta, Traditional

### 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 Green Curry Paste  
Thai Green Curry Ready To Pour Sauce  
Thai Red Curry Paste  
Thai Red Curry Ready To Pour Sauce

## Frozen Foods

### Amy's

Organic Asian Noodle Stir-Fry  
Organic Baked Ziti Bowl  
Organic Bistro Veggie Burger  
Organic Black Bean Enchilada Whole Meal  
Organic Black Bean Vegetable Enchilada  
Organic Brown Rice & Vegetables Bowl, Light in Sodium  
Organic Brown Rice, Black-Eyed Peas & Veggies Bowl  
Organic Indian Mattar Tofu  
Organic Indian Vegetable Korma

## Frozen Foods (Cont'd)

### Amy's

Organic Mexican Tamale Pie  
Organic Roasted Vegetable Tamale Whole Meal  
Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza  
Organic Teriyaki Bowl  
Organic Tofu Scramble

### Applegate Farms

Maple Breakfast Sausage  
Organic Turkey Burgers  
Sage Breakfast Sausage

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough

### It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert  
Green Tea Non-Dairy Frozen Dessert

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Mesa Sunrise Waffles

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert  
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert  
Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert  
Cookie Dough 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  
Purely Vanilla Non-Dairy Frozen Dessert  
Snickerdoodle Non-Dairy Frozen Dessert

### So Delicious

Kidz Assorted Fruit Pops

## Frozen Foods (Cont'd)

### Starfish

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

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Flax Waffles
- Wheat Free 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 Short Grain Brown 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
- Organic Short Grain Brown Rice
- Organic White Long Grain Rice
- Organic Wild Rice

## Jams and Nut Butters

### Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat Alternatives

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

- Chicken Apple Breakfast Sausage
- Maple Breakfast Sausage
- Organic Hot Dogs
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage

## Nutritional Supplements

### Bob's Red Mill

- Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hemp Protein Powder
- Hulled Hemp Seeds
- Organic Golden Flaxseeds

### Gerbs Pumpkin Seeds

- Touch of Salt Pumpkin Seed Kernels
- Whole Roasted Lightly Salted Pumpkin Seeds

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

- Organic Gluten Free Fusilli
- Organic Gluten Free Linguine
- Organic Gluten Free Rigatoni
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Corn Elbow Pasta
- Multi-Grain Penne
- Rice Angel Hair Pasta
- Rice Lasagna

### 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

## Prepared Foods

### Food Merchants

- Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium 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 Green Curry Ready To Pour Sauce
- Thai Red Curry Ready To Pour Sauce

## 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 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

## Soups (Cont'd)

### Amy's

- Organic Medium Chili
- Organic Medium Chili, Light in Sodium
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili, Light in Sodium
- 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
- 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
- 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 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