

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Woburn 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
Morning Glory Muffins

Baking Needs

Arrowhead Mills

Buckwheat Flour
Gluten Free All Purpose Baking Mix
Gluten Free Pancake & Baking Mix
Long Grain Brown Rice Flour

Baking Needs (Cont'd)

Arrowhead Mills

Millet Flour
Soy Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Baking Soda
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free Biscuit & Baking Mix
Gluten Free Cinnamon Raisin Bread
Gluten Free Cornbread Mix
Gluten Free Garbanzo & Fava Bean Flour
Gluten Free Hearty Whole Grain Bread Mix
Gluten Free Pizza Crust Mix
Gluten Free Sweet White Sorghum Flour
Hemp Protein Powder
Organic Flaxseed Meal

Baking Needs (Cont'd)

Bob's Red Mill

- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Potato Starch
- Teff Flour

Cherrybrook Kitchen

- Chocolate Frosting Mix
- 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

- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- French Bread & Pizza Mix

Hain

- Baking Powder

Namaste

- Biscuits, Piecrust & More
- Blondie Mix
- Brownie Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Vanilla Cake Mix

Pamela's Products

- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix

Beverages

Celestial Seasonings

- Authentic Green Tea, 20 Ct
- Authentic Green Tea, 40 Ct

Beverages (Cont'd)

Celestial Seasonings

- Bengal Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mandarin Orchard Green Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Grandma's Tummy Mint Tea, 20 Ct
- Honey Lemon Ginseng Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Raspberry Zinger Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 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

- Original Bagels

Glutino

- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Pizza Crusts

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Canned Goods

Amy's

- Organic Refried Black Beans
- Organic Refried Black Beans, Low in Sodium
- Organic Traditional Refried 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

- 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

Enjoy Life

- 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
- Koala Crisp Organic Cereal, 26 oz
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal

Cereal (Cont'd)

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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese
- Vegan Gourmet Sour Cream

Chips, Pretzels and Snacks

Arico

- Cassava Chips, Sea Salt Mist

Food Should Taste Good

- Lime Tortilla Chips 5.5 oz
- Sweet Potato Tortilla Chips 6 oz
- The Works! Tortilla Chips 6 oz
- 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

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
- 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

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Organic Sesame Tamari Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Sante Fe BBQ Rice Chips
- 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, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Original 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 Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Arico

- Peanut Butter Cookies

Bakery On Main

- Extreme Trail Mix Granola Bars
- Peanut Butter Chocolate Chip Granola Bars

Cookies and Snack Bars (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Mini Cookies

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Happy Apple Cookies
- Soft Baked No-Oats "Oatmeal" Cookie
- Very Berry Snack Bars

EnviroKidz

- 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, Apple
- Breakfast Bars, Blueberry
- Breakfast Bars, Chocolate

Jennie's

- Coconut Macaroons

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Old Fashioned Raisin Walnut Cookies
- Organic Spicy Ginger Cookies

WFM Gluten Free Bakehouse

- Almond Cookies

Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- 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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese
- Vegan Gourmet Sour Cream

So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- Cinnamon Bun Dairy Free Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Key Lime Dairy Free Yogurt
- 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 Agave Sweetened Soy Yogurt
- Raspberry Dairy Free Yogurt
- Strawberry Coconut Milk Kefir
- 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
- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 64 oz

Deli Style Meats and Cheeses

Applegate Farms

- Canadian Bacon
- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- 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 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
- Sliced Turkey Salami

Desserts

WFM Gluten Free Bakehouse

- Carrot Cake

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix

Cherrybrook Kitchen

- Chocolate Frosting Mix
- 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

Entrees and Mixes (Cont'd)

Namaste

- Blondie Mix
- Brownie Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Vanilla Cake Mix

Pamela's Products

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

Food Merchants

- Organic Polenta, Traditional

Organicville

- Organic Sesame Teriyaki

World Foods

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Green Curry Ready To Pour Sauce
- 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 Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada

Frozen Foods (Cont'd)

Amy's

- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

Applegate Farms

- Organic Turkey Burgers
- Sage Breakfast Sausage

Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Lightly Battered Fish, Wheat Free Gluten Free
- Popcorn Turkey Corn Dogs
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

It's Soy Delicious

- Chocolate Almond 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

Frozen Foods (Cont'd)

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Mint Marble Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk 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
Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Snickerdoodle Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Creamy Raspberry Bar
Fudge Bar, Sugar Free
Raspberry Agave Sweetened Fruit Bar
Vanilla Bar, Made with Coconut Milk

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Frozen Foods (Cont'd)

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 Jasmine Rice
Eco-Farmed Countrywild Gourmet Blend Rice
Eco-Farmed Jubilee Gourmet Blend Rice
Eco-Farmed Long Grain 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 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
Crunchy Natural Peanut Butter

Meat Alternatives

Applegate Farms

Organic Smoked Andouille

Meat and Poultry

Applegate Farms

Beef Hot Dogs
Big Apple Hot Dogs
Chicken Apple Breakfast Sausage
Chicken Hot Dogs
Dry Cured Bacon
Greatest Little Organic Smokey Cocktail Frank
Organic Beef Hot Dogs
Organic Chicken Hot Dogs
Organic Hot Dogs
Organic Sliced Sunday Bacon
Organic Turkey Burgers
Organic Turkey Hot Dogs
Peppered Bacon
Sage Breakfast Sausage
Sliced Organic Turkey Bacon
Sliced Sunday Bacon
Sliced Turkey Bacon
Turkey Hot Dogs

Nutritional Supplements

Bob's Red Mill

Hemp Protein Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Hemp Protein Powder
Organic Golden Flaxseeds

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Elbows 8 oz
Quinoa Supergrain Pasta, Garden Pagodas 8 oz
Quinoa Supergrain Pasta, Linguine 8 oz

Pasta (Cont'd)

Ancient Harvest

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 Linguine
Organic Gluten Free Penne Rigate
Organic Gluten Free Rigatoni
Organic Gluten Free Spaghetti

DeBoles Foods

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

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

Prepared Foods

Food Merchants

Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

Organic Medium Salsa
Organic Mild Salsa
Organic Spicy Chipotle Salsa

Organicville

Organic Medium Salsa
Organic Sesame Teriyaki

Sauces, Salsas and Dips (Cont'd)

World Foods

IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
Thai Basil Curry 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 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 Medium Chili, Light in Sodium
Organic Southwestern Black Bean Chili
Organic Spicy 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 32 oz
Creamy Tomato Soup 16 oz
Free Range Chicken Broth 32 oz
No Chicken Broth 32 oz

Soups (Cont'd)

Imagine Foods

Organic Acorn Squash & Mango Soup 32 oz
Organic Chicken Broth, 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, Low Sodium 32 oz
Organic Vegetable Broth, Low Sodium 32 oz
Potato Leek Soup 32 oz
Sweet Potato Soup 32 oz
Tomato Basil Soup 32 oz
Vegetable Broth 32 oz

Sweeteners

Lundberg Farms

Brown Rice Syrup
Organic Brown Rice Syrup