

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Franklin Store, Northern California 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

#### Crave

Apple Frangipane Tart  
Confetti Cupcakes, 4-Pack  
Vanilla Cupcakes

#### WFM Gluten Free Bakehouse

Carrot Cake  
Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Brown Rice Flour  
Cornstarch  
Flaxseed Meal  
Gluten Free All Purpose Baking Flour  
Gluten Free Pancake Mix  
Gluten Free Pizza Crust Mix  
Gluten Free Sweet White Sorghum Flour  
GlutenFree Rolled Oats  
Organic Coconut Flour  
Organic Flaxseed Meal

## Baking Needs (Cont'd)

### Bob's Red Mill

- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Pancake & Waffle Mix

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Namaste

- Spice Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Confetti Frosting Mix
- Cornbread & Muffin Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix
- Vanilla Frosting Mix

## Beverages

### Celestial Seasonings

- Antioxidant Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Honey Lemon Ginseng Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- True Blueberry, 20 Ct

### So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage

## Bread

### Glutino

- Premium Brown Rice Bread with Inulin
- Premium Corn Bread
- Premium Flax Seed 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

## 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
- Organic Vegetarian Baked Beans

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Organic Rice & Shine Hot Cereal

### Bob's Red Mill

- Brown Rice Farina Creamy Rice Hot Cereal
- Gluten Free Mighty Tasty Hot Cereal

## Cereal (Cont'd)

### Bob's Red Mill

GlutenFree Rolled Oats  
Organic Creamy Buckwheat Hot Cereal

### Enjoy Life

Cinnamon Crunch Granola  
Very Berry Crunch Granola

### 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 Honey'd Cornflakes  
Organic Whole O's Cereal

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Monterey Jack  
Vegan Gourmet Mozzarella Cheese

## Chips, Pretzels and Snacks

### Food Should Taste Good

Lime Tortilla Chips 5.5 oz  
Multigrain Tortilla Chips 1.5 oz  
Multigrain Tortilla Chips 12 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  
Olive Tortilla Chips 6 oz

### Glutino

Pretzels, Sesame Rings  
Pretzels, Sticks  
Pretzels, Twists  
Pretzels, Unsalted

## Chips, Pretzels and Snacks (Cont'd)

### Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

### Lundberg Farms

Brown Rice Cakes  
Organic Brown Rice Cakes  
Organic Koku Seaweed 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  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips

### Mary's Gone Crackers

Sticks & Twigs, Curry  
Sticks & Twigs, Sea Salt  
Sticks & Twigs, Tomato Chipotle

## Condiments

### Follow Your Heart

Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil

### Organicville

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce  
Organic Tangy BBQ Sauce

### Spectrum

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 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## **Cookies and Snack Bars**

### **Arico**

Almond Cranberry Cookies

### **Bakery On Main**

Extreme Trail Mix Granola Bars

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

Chocolate Chip Mini Cookies

Vanilla Graham 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 Gingerbread Spice 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

Panda Organic Crispy Rice Bars, Peanut Butter

Penguin Organic Crispy Rice Bars, Fruity Burst

### **Glutenfreeda's Real Cookies**

Peanut, Paul & Mary

### **Jennie's**

Coconut Macaroons

### **Pamela's Products**

Ginger Cookies with Sliced Almonds

Old Fashioned Raisin Walnut Cookies

Simplebites Extreme Chocolate Mini Cookies

Simplebites Ginger Mini Snapz

## **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

## **Dairy Alternatives**

### **Follow Your Heart**

Vegan Gourmet Cheddar

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

### **So Delicious**

Blueberry Agave Sweetened Soy Yogurt

Blueberry Cultured Coconut Milk Yogurt

Chocolate Cultured Coconut Milk Yogurt

Hazelnut Coconut Milk Creamer

Original (Plain) Coconut Milk Beverage

Original (Plain) Coconut Milk Creamer

Passionate Mango Cultured Coconut Milk Yogurt

Pina Colada Cultured Coconut Milk Yogurt

Plain Agave Sweetened Soy Yogurt

Plain Cultured Coconut Milk Yogurt

Raspberry Cultured Coconut Milk Yogurt

Strawberry Banna Cultured Coconut Milk Yogurt

Strawberry Cultured Coconut Milk Yogurt

Unsweetened Coconut Milk Beverage

Vanilla Agave Sweetened Soy Yogurt

Vanilla Cultured Coconut Milk Yogurt

### **WestSoy**

Longevity Soy Beverage, Plain 32 oz

Plus Soy Beverage, Plain 64 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 Hot Soppressata

Sliced Organic Genoa Salami

Sliced Organic Oven Roasted Turkey

## **Deli Style Meats and Cheeses (Cont'd)**

### **Applegate Farms**

- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Pepperoni
- Sliced Soppressata

## **Desserts**

### **Crave**

- Apple Frangipane Tart
- Confetti Cupcakes, 4-Pack
- Vanilla Cupcakes

### **French Meadow Bakery**

- Gluten Free Fudge Brownie

### **WFM Gluten Free Bakehouse**

- Carrot Cake

## **Energy and Nutrition Bars/Drinks**

### **Bumble Bar**

- Chocolate Crisp
- Chunky Cherry
- Original with Almond
- Original with Peanut

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

- Chocolate Frosting Mix
- Vanilla Frosting Mix

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

- Chocolate Cake Mix
- Pancake & Waffle Mix

### **Namaste**

- Spice Cake Mix
- Waffle & Pancake Mix

### **Pamela's Products**

- Confetti Frosting Mix
- Dark Chocolate Frosting Mix
- 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

### **Food Merchants**

- Organic Polenta, Traditional

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### **World Foods**

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Tahi Creamy Chili Kaffir Lime Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Coconut Galangal Stir Fry Sauce
- Thai Ginger Lemon Grass 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
- Thai Yellow 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
- Organic Brown Rice & Vegetables Bowl, Light in Sodium

## Frozen Foods (Cont'd)

### Amy's

- Organic Brown Rice, Black-Eyed Peas & Veggies 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 Shepherd's Pie
- Organic Shepherd's Pie, Light in Sodium
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough
- Gluten Free Fudge Brownie

### Glutenfreeda's Real Cookies

- Peanut, Paul & Mary

### Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen 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 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
- Mocha Fudge Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

- Belgian Chocolate Non-Dairy Frozen Dessert
- Blueberry Cheesecake Non-Dairy Frozen Dessert
- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk 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
- 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
- Pomegranate Chip Non-Dairy Frozen Dessert
- Purely Vanilla 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
- Kidz Assorted Fruit Pops

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Homestyle Waffles

## Grains and Rice

### Ancient Harvest

- Traditional Organic Quinoa 12 oz

### Lundberg Farms

- Eco-Farmed California White Arborio Rice
- Eco-Farmed Countrywild Gourmet Blend 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

## Grains and Rice (Cont'd)

### Lundberg Farms

- Organic California White Jasmine Rice
- Organic Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic White Long Grain Rice

## Jams and Nut Butters

### Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat and Poultry

### Applegate Farms

- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Sweet Italian Sausage

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Organic Golden Flaxseeds

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Linguine 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
- Organic Brown Rice Rotini Pasta
- Organic Brown Rice Spaghetti Pasta

## Prepared Foods

### Food Merchants

- Organic Polenta, Traditional

## 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 Mild Salsa
- Organic Sesame Teriyaki

### World Foods

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Tahi Creamy Chili Kaffir Lime Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Coconut Galangal Stir Fry Sauce
- Thai Ginger Lemon Grass Stir Fry Sauce
- Thai Green Curry Ready To Pour Sauce
- Thai Red Curry Ready To Pour Sauce
- Thai Yellow Curry Ready to Pour Sauce

## 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 Medium Chili with Vegetables
- Organic Medium Chili, Light in Sodium
- Organic Spicy Chili
- Organic Spicy Chili, Light in Sodium

## **Soups (Cont'd)**

### **Amy's**

- 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
- No 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 Tomato Soup, Low Sodium 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 oz
- Potato Leek 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**

### **Bob's Red Mill**

- Cornstarch

### **World Foods**

- Thai Green Curry Paste
- Thai Red Curry Paste

## **Sweeteners**

### **Lundberg Farms**

- Organic Brown Rice Syrup