

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Los Altos 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

Chocolate Cupcakes, 4-Pack  
Mama Z's Chocolate Cake, 4"  
Vanilla Cupcakes

#### WFM Gluten Free Bakehouse

Carrot Cake  
Molasses Ginger Cookies

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Blue Corn Meal  
Buckwheat Flour  
Gluten Free Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Baking Powder  
Brown Rice Flour  
Cornstarch  
Flaxseed Meal  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Cornbread Mix

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Millet Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Quinoa Flour
- Potato Starch
- Sweet White Rice Flour
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting

### Cherrybrook Kitchen Gluten Free Dreams

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

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- French Bread & Pizza Mix

### Hain

- Baking Powder

### Namaste

- Chocolate Cake Mix
- Sugar-Free Muffin 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

## Baking Needs (Cont'd)

### Pamela's Products

- Gluten-Free Bread Mix & Flour Blend

## Beverages

### Celestial Seasonings

- Bengal Spice Tea, 20 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Decaf Honey Chamomile Green Tea, 20 Ct
- Decaf Mandarin Orchard Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Perfectly Pear White Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- True Blueberry, 20 Ct

### So Delicious

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

## Bread

### Glutino

- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

## 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 Beans with Green Chiles
- 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

- Organic Rice & Shine Hot Cereal

### Bob's Red Mill

- Brown Rice Farina Creamy Rice Hot Cereal
- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Brown Rice Farina Creamy Rice Hot Cereal
- Organic Creamy Buckwheat Hot Cereal
- Organic Kasha (Roasted Buckwheat Kernels)

### Enjoy Life

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

### EnviroKidz

- 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

### Lundberg Farms

- Organic Pure Creamy Rice Cereal

## Cereal (Cont'd)

### Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- 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 Cream Cheese
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

## Chips, Pretzels and Snacks

### Arico

- Cassava Chips, Barbecue Bliss
- Cassava Chips, Ginger on Fire
- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

### Food Should Taste Good

- Buffalo Tortilla Chips 6 oz
- Cinnamon Tortilla Chips 5.5 oz
- Lime Tortilla Chips 5.5 oz
- Multigrain Tortilla Chips 12 oz
- Potato & Chive 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

### Glutino

- Pretzels, Sesame Rings
- Pretzels, Sticks
- Pretzels, Twists

### Hain Pure Food

- Mini Munch Rice Snacks, Lightly Salted

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

### **Lundberg Farms**

- 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
- 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
- Unsalted Brown Rice Cakes

### **Mary's Gone Crackers**

- Sticks & Twigs, Sea Salt

### **Mr. Krispers**

- Baked Rice Krisps, Sea Salt & Pepper

## **Condiments**

### **Follow Your Heart**

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

### **Organicville**

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sesame Goddess
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

### **Spectrum**

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz

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

### **Spectrum**

- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Garlic Ranch Omega-3 Dressing
- 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
- Lemon Ginger Cookies
- Peanut Butter Cookies

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

- Vanilla Graham Mini Cookies

### **Enjoy Life**

- Caramel Apple Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice 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

### **Pamela's Products**

- Peanut Butter Cookies
- Simplebites Extreme Chocolate Mini Cookies
- Simplebites Ginger Mini Snapz

### **WFM Gluten Free Bakehouse**

- Molasses Ginger Cookies

## Crackers

### Foods Alive

- Italian Zest Organic Flax Crackers
- Maple & Cinnamon Organic Flax Crackers
- Mexican Harvest Organic Flax Crackers
- Onion Garlic Organic Flax Crackers
- Original Organic Flax Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- Crackers, Original

## Dairy

### Earth Balance

- Buttery Spread with Olive Oil
- Buttery Sticks
- Organic Whipped Buttery Spread
- Original Buttery Spread
- Soy Free Buttery Spread

## Dairy Alternatives

### Follow Your Heart

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

### So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- Blueberry Dairy Free Yogurt
- Cinnamon Bun Dairy Free Yogurt
- Hazelnut Coconut Milk Creamer
- Key Lime Dairy Free Yogurt
- Original (Plain) Coconut Milk Beverage
- Passionate Mango Cultured Coconut Milk Yogurt
- Peach Dairy Free Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Dairy Free Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage

## Dairy Alternatives (Cont'd)

### So Delicious

- Vanilla Cultured Coconut Milk Yogurt
- Vanilla Dairy Free Yogurt

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken Salametti
- Sliced Authentic Prosciutto
- Sliced Genoa Salami
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Pepperoni
- Sliced Soppressata

## Desserts

### Crave

- Chocolate Cupcakes, 4-Pack
- Mama Z's Chocolate Cake, 4"
- Vanilla Cupcakes

### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chocolate Crisp
- Chunky Cherry
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix

## Entrees and Mixes (Cont'd)

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

Fudge Brownie Mix

Pancake & Waffle Mix

### Namaste

Chocolate Cake Mix

Sugar-Free Muffin Mix

### Pamela's Products

Confetti Frosting Mix

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 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, Basil & Garlic

Organic Polenta, Mushroom & Onion

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

Organic Quinoa Polenta, Heirloom Red & Black

### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

### World Foods

Malaysian Rendang Curry Ready to Pour Sauce

Tahi Creamy Chili Kaffir Lime Stir Fry Sauce

## Ethnic Foods (Cont'd)

### World Foods

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

## 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

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 Single Serve Non-Dairy Rice Crust Cheeze Pizza

Organic Teriyaki Bowl

Organic Thai Stir-Fry

Organic Tofu Scramble

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough

### Gluten Free Cafe

Asian Noodles

## Frozen Foods (Cont'd)

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
Chicken Patties, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, 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  
Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert  
Mocha Fudge Non-Dairy Frozen Dessert

### Purely Decadent

Belgian Chocolate Non-Dairy Frozen Dessert  
Blueberry Cheesecake Non-Dairy Frozen Dessert  
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 (Gluten Free) Non-Dairy Frozen  
Dessert  
Cookie Dough Non-Dairy Frozen Coconut Milk  
Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mint Chocolate Chip Non-Dairy Frozen Dessert  
Mocha Almond Fudge Non-Dairy Frozen Coconut  
Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk  
Dessert  
Peanut Butter Zig Zag 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  
Kidz Assorted Fruit Pops  
Orange Passion Fruit Agave Sweetened Fruit Bar

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free French Toast Sticks Cinnamon  
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

### Bob's Red Mill

Organic Kasha (Roasted Buckwheat Kernels)

## Grains and Rice (Cont'd)

### Lundberg Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Basmati Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Jubilee 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
- 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
- Organic Wild Rice

## Jams and Nut Butters

### Earth Balance

- Creamy Natural Almond Butter
- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

### Maranatha

- Roasted Sesame Tahini

## Meat Alternatives

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## 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

## Nutritional Supplements

### Bob's Red Mill

- Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hemp Protein Powder
- Hulled Hemp Seeds

## 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, 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

- Multi-Grain Penne
- Rice Angel Hair Pasta

### 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

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Mushroom & Onion
- Organic Polenta, Sundried Tomato & Garlic

## Prepared Foods (Cont'd)

### Food Merchants

- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

## 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 Medium Salsa
- Organic Mild Salsa
- Organic Pineapple Salsa
- Organic Sesame Teriyaki

### World Foods

- Malaysian Rendang Curry Ready to Pour 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

## 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

## Soups (Cont'd)

### Amy's

- 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 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 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**

Brown Rice Syrup

Organic Brown Rice Syrup