

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Petaluma 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.

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Baked Goods

Crave

Lemon Tart, 4"

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

Buckwheat Flour
Gluten Free Brownie Mix
Long Grain Brown Rice Flour
Yellow Corn Meal

Baking Needs (Cont'd)

Bob's Red Mill

Active Dry Yeast
Almond Flour
Brown Rice Flour
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Cornbread Mix
Gluten Free Garbanzo & Fava Bean Flour
Gluten Free Homemade Wonderful Bread Mix
Gluten Free Pancake Mix
Gluten Free Pizza Crust Mix
GlutenFree Rolled Oats
Organic Amaranth Flour
Organic Coconut Flour
Organic Flaxseed Meal
Organic Golden Flaxseeds
Organic Quinoa Flour
Potato Starch

Baking Needs (Cont'd)

Bob's Red Mill

- Sweet White Rice Flour
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Pancake & Waffle Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Namaste

- Chocolate Cake Mix
- Cookie Mix
- Muffin Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Waffle & Pancake Mix

Pamela's Products

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

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Caffeine Free Celestial Tea, 40 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Cranberry Pomegranate Green Tea, 20 Ct
- Decaf Chai India Spice Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Grandma's Tummy Mint Tea, 20 Ct
- Honey Lemon Ginseng Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red 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
- Sugar Plum Spice, 20 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- True Blueberry, 20 Ct

So Delicious

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

Bread

Glutino

- Premium Brown Rice Bread, Homestyle
- Premium Cinnamon & Raisin Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

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

Amy's

- Organic Cream of Rice Hot Cereal Bowl

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Cereal (Cont'd)

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

Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Koala Crisp 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 Cream Cheese

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Sour Cream

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

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, Sticks

Pretzels, Twists

Pretzels, Unsalted

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, Sea Salt

Mr. Krispers

Baked Rice Krisps, Barbecue

Baked Rice Krisps, Sea Salt & Pepper

Condiments

Follow Your Heart

Organic Balsamic Vinaigrette Dressing

Organic Creamy Miso Ginger Dressing

Organic Italian Vinaigrette Dressing

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

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sesame Goddess

Condiments (Cont'd)

Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- 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 Golden Balsamic 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

Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Graham Mini Cookies

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Happy Apple Cookies
- Soft Baked Snickerdoodle Cookies

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Organic Vanilla Animal Cookies
- Penguin Organic Crispy Rice Bars, Fruity Burst

Glutenfreeda's Real Cookies

- Peanut, Paul & Mary

Jennie's

- Coconut Macaroons

Cookies and Snack Bars (Cont'd)

Pamela's Products

- Old Fashioned Raisin Walnut Cookies
- Organic Spicy Ginger Cookies
- Peanut Butter Cookies
- Simplebites Extreme Chocolate Mini Cookies
- Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

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 Sour Cream

So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- Blueberry Dairy Free Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- 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
- Raspberry Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

So Delicious

- Raspberry Dairy Free Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt
- Vanilla Dairy Free Yogurt

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 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 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 Pancetta
- Sliced Pepperoni
- Sliced Soppressata

Desserts

Crave

- Lemon Tart, 4"

French Meadow Bakery

- Gluten Free Fudge Brownie

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chocolate Crisp
- Chunky Cherry
- Original with Peanut

Entrees and Mixes

Arrowhead Mills

- Gluten Free Brownie Mix

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Pancake & Waffle Mix

Lundberg Farms

- Organic Florentine Risotto

Namaste

- Chocolate Cake Mix
- Cookie Mix
- Muffin Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Waffle & Pancake Mix

Pamela's Products

- 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 Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

Food Merchants

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

Organicville

- Organic Sesame Teriyaki

World Foods

- Malaysian Rendang Curry Ready to Pour Sauce

Ethnic Foods (Cont'd)

World Foods

Tahi Creamy Chili Kaffir Lime Stir Fry Sauce
Thai Basil Curry Stir Fry Sauce
Thai Galangal Lemon Grass Stir Fry Sauce
Thai Ginger Lemon Grass Stir Fry Sauce
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, Black-Eyed Peas & Veggies Bowl
Organic Cream of Rice Hot Cereal Bowl
Organic Indian Mattar Tofu
Organic Indian Vegetable Korma
Organic Rice Crust Spinach Pizza
Organic Roasted Vegetable Tamale Whole Meal
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 Fudge Brownie

Glutenfreeda's Real Cookies

Peanut, Paul & Mary

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Popcorn Turkey Corn Dogs

Frozen Foods (Cont'd)

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert
Awesome Chocolate Non-Dairy Frozen Dessert
Green Tea 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
Mocha Fudge Non-Dairy Frozen Dessert

Purely Decadent

Blueberry Cheesecake Non-Dairy Frozen Dessert
Chocolate Obsession Non-Dairy Frozen Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert
Peanut Butter Zig Zag 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
Vanilla Bar, Made with Coconut Milk

Van's

Wheat Free Blueberry Waffles
Wheat Free French Toast Sticks Cinnamon
Wheat Free Homestyle Pancakes
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
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

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

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Organic Golden Flaxseeds

Oils

Foods Alive

High Lignan 100% Gold Flax Oil Organic

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, 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

Multi-Grain Penne
Multi-Grain Spaghetti

Lundberg Farms

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
Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
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

Sauces, Salsas and Dips (Cont'd)

Amy's

Organic Spicy Chipotle Salsa

Organicville

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 Galangal Lemon Grass Stir Fry Sauce

Thai Ginger Lemon Grass Stir Fry 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 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

Soups (Cont'd)

Imagine Foods

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 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 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 32 oz

Sweeteners

Lundberg Farms

Organic Brown Rice Syrup