

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Potrero Hill 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

Chocolate Cupcakes, 4-Pack
Dark Chocolate Brownie
Vanilla Cupcakes

WFM Gluten Free Bakehouse

Molasses Ginger Cookies
Morning Glory Muffins

Baking Needs

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
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 Pizza Crust Mix
GlutenFree Rolled Oats
Organic Flaxseed Meal
Organic Golden Flaxseed Meal
Sweet White Rice Flour

Baking Needs (Cont'd)

Bob's Red Mill

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

Cherrybrook Kitchen

- Vanilla Frosting

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix

Enjoy Life

- Semi-Sweet Chocolate Chips

Namaste

- Chocolate Cake Mix
- Vanilla Cake Mix

Pamela's Products

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

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Ginger Ale
- Key Lime Soda
- Orange Creme Soda
- Root Beer Soda

Celestial Seasonings

- Bengal Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Tension Tamer 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 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 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

Amy's

- Organic Cream of Rice Hot Cereal Bowl

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Arrowhead Mills

- Organic Rice & Shine Hot Cereal

Cereal (Cont'd)

Bakery On Main

Apple Raisin Walnut Gluten Free Granola
Extreme Fruit & Nut Gluten Free Granola
Nutty Cranberry Gluten Free Granola

Bob's Red Mill

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

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

Lundberg Farms

Organic Pure Creamy Rice 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 Cream Cheese
Vegan Gourmet Monterey Jack
Vegan Gourmet Mozzarella Cheese
Vegan Gourmet Nacho Cheese

Chips, Pretzels and Snacks

Food Should Taste Good

Cinnamon Tortilla Chips 5.5 oz
Lime Tortilla Chips 5.5 oz

Chips, Pretzels and Snacks (Cont'd)

Food Should Taste Good

Multigrain Tortilla Chips 12 oz
Olive Tortilla Chips 1.5 oz
Potato & Chive Tortilla Chips 5.5 oz
Sweet Potato Tortilla Chips 6 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, Twists

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

Condiments

Follow Your Heart

Organic Balsamic Vinaigrette Dressing
Organic Creamy Miso Ginger Dressing
Organic Italian Vinaigrette Dressing
Vegenaise, Grapeseed Oil
Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil

Foods Alive

Sweet Mustard Gold Flax Oil Organic Dressing

Condiments (Cont'd)

Organicville

- Organic Dressing, French
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce
- 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 Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- 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

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

Jennie's

- Coconut Macaroons

Cookies and Snack Bars (Cont'd)

Pamela's Products

- Old Fashioned Raisin Walnut 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
- Soy Garden 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
- Chocolate Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt
- Plain Agave Sweetened Soy Yogurt
- Plain Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

So Delicious

- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 32 oz
- Plus Soy Beverage, Vanilla 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 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
- Dark Chocolate Brownie
- Vanilla Cupcakes

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chocolate Crisp
- Chunky Cherry
- Original with Peanut

Entrees and Mixes

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix

Namaste

- Chocolate Cake Mix
- Vanilla Cake 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, Basil & Garlic
- Organic Polenta, Mushroom & Onion
- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

Organicville

- Organic Island Teriyaki

World Foods

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Malaysian Rendang Curry Ready to Pour Sauce
- Tahi Creamy Chili Kaffir Lime Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce

Ethnic Foods (Cont'd)

World Foods

- Thai Green Curry Paste
- Thai Masaman Curry Ready To Pour Sauce
- Thai Red Curry Paste

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 Cream of Rice Hot Cereal Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- 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

Ian's Natural Foods

- French Toast Sticks, 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

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
- Vanilla Non-Dairy Frozen Dessert

Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles
- Organic Mesa Sunrise Waffles

Organic So Delicious

- Creamy Vanilla Non-Dairy Frozen Dessert

Purely Decadent

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Pomegranate Chip 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
- Strawberry 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 French Toast Sticks Cinnamon
- Wheat Free Homestyle Waffles

Frozen Foods (Cont'd)

Van's

Wheat Free Mini Homestyle Waffles

Grains and Rice

Ancient Harvest

Traditional Organic Quinoa 12 oz

Bob's Red Mill

Organic Kasha (Roasted Buckwheat Kernels)

Lundberg Farms

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 Long Grain Brown Rice

Organic Short Grain Brown Rice

Organic White Long Grain Rice

Jams and Nut Butters

Earth Balance

Crunchy Natural Peanut Butter

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

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Elbows 8 oz

Quinoa Supergrain Pasta, Linguine 8 oz

Pasta (Cont'd)

Ancient Harvest

Quinoa Supergrain Pasta, Shells 8 oz

Quinoa Supergrain Pasta, Spaghetti 8 oz

Bionaturae

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 Penne Pasta

Organic Brown Rice Rotini Pasta

Organic Brown Rice Spaghetti Pasta

Pasta Sauce

Amy's

Organic Family Marinara Pasta Sauce

Organic Tomato Basil Pasta Sauce

Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Mushroom & Onion

Organic Polenta, Sundried Tomato & 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

Organic Spicy Chipotle Salsa

Sauces, Salsas and Dips (Cont'd)

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Pineapple Salsa

World Foods

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Malaysian Rendang Curry Ready to Pour Sauce
- Tahi Creamy Chili Kaffir Lime Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Masaman 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
- 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
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

Soups (Cont'd)

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