

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Greenwich Store, Northeast 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

Ancient Harvest

Organic Quinoa Flour 18 oz

Baking Needs (Cont'd)

Arrowhead Mills

Buckwheat Flour
Gluten Free All Purpose Baking Mix
Gluten Free Chocolate Chip Cookie Mix
Gluten Free Pancake & Baking Mix
Long Grain Brown Rice Flour
Soy Flour
White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Garbanzo & Fava Bean Flour
Gluten Free Sweet White Sorghum Flour
GlutenFree Rolled Oats
Hazelnut Meal/Flour
Hemp Protein Powder

Baking Needs (Cont'd)

Bob's Red Mill

- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Teff Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

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

Earth Balance

- Shortening

Gluten Free Pantry

- Beth's All Purpose Flour Mix

Hain

- Baking Powder

Beverages

365 Every Day Value™

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

Celestial Seasonings

- Antioxidant Green Tea, 40 Ct
- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Chamomile Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion

Beverages (Cont'd)

Celestial Seasonings

- Decaf Green Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 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

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk 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

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

Cereal (Cont'd)

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
GlutenFree Rolled Oats

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
Peanut Butter Panda Puffs Organic Cereal, 25 oz

Nature's Path

Organic Fruit Juice Sweetened Corn Flakes
Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
Organic Honey'd 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

Chips, Pretzels and Snacks

Food Should Taste Good

Buffalo Tortilla Chips 6 oz
Sweet Potato Tortilla Chips 6 oz
The Works! Tortilla Chips 6 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

Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

Lundberg Farms

Apple Cinnamon Rice Cakes
Brown Rice Cakes
Buttery Caramel 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 Unsalted Brown Rice Cakes
Organic Wild Rice Cakes
Pico de Gallo Rice Chips
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, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Tangy 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

Condiments (Cont'd)

Spectrum

- Organic Golden Balsamic Omega-3 Dressing
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Roasted Garlic Mayonnaise 12 oz
- Organic Soy Mayonnaise 16 oz

Cookies and Snack Bars

Bakery On Main

- Cranberry Maple Nut Granola Bars
- Extreme Trail Mix Granola Bars
- Peanut Butter Chocolate Chip Granola Bars

Cookies... For Me?

- Brownie Bites

Enjoy Life

- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Happy Apple Cookies
- Soft Baked Lively Lemon 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
- Organic Vanilla Animal Cookies
- 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

Orgran

- Outback Animals - Chocolate Cookies
- Outback Animals - Vanilla Cookies

Cookies and Snack Bars (Cont'd)

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies

WFM Gluten Free Bakehouse

- Almond Cookies

Crackers

Mary's Gone Crackers

- Crackers, Caraway
- Crackers, Herb
- 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 Cheddar
- Vegan Gourmet Cream Cheese
- Vegan Gourmet Monterey Jack

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 Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

Dairy Alternatives (Cont'd)

So Delicious

- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 32 oz

Deli Style Meats and Cheeses

Applegate Farms

- Organic Sliced Oven Roasted Chicken Salametti
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- 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

Desserts

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

- Dark Chocolate Bar - 7 pack

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix

Entrees and Mixes (Cont'd)

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

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

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Ethnic Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Indian Mattar Tofu
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

World Foods

- Thai Basil Curry Stir Fry 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 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 Rice Crust Spinach Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

Applegate Farms

- Maple Breakfast Sausage
- 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 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 Almond Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

Nature's Path

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

Purely Decadent

- Chocolate Obsession Non-Dairy Frozen Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Key Lime Pie Non-Dairy Frozen Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Purely Vanilla Non-Dairy Frozen Dessert

So Delicious

- Kidz Assorted Fruit Pops

Frozen Foods (Cont'd)

So Delicious

- Orange Passion Fruit Agave Sweetened Fruit Bar
- Raspberry 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 Flax Waffles
- Wheat Free French Toast Sticks Cinnamon
- Wheat Free Homestyle Pancakes
- 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 White Arborio Rice
- Eco-Farmed California White Basmati 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 Short Grain Brown Rice
- Eco-Farmed Wehani Gourmet Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California White Basmati Rice
- Organic Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice
- Organic Quick Wild 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
- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Meat and Poultry

Applegate Farms

- Beef Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Sliced Sunday Bacon
- Organic Smoked Kielbasa
- Organic Sweet Italian Sausage
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage
- Sliced Organic Turkey Bacon
- Sliced Sunday Bacon

Nutritional Supplements

Bob's Red Mill

- Hemp Protein Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Hemp Protein Powder
- Organic Brown Flaxseeds
- Organic Golden Flaxseeds

Pasta

Ancient Harvest

- 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 Fusilli
- Organic Gluten Free Penne Rigate
- Organic Gluten Free Rigatoni
- Organic Gluten Free Spaghetti

DeBoles Foods

- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Lasagna
- Rice Penne
- Rice Spaghetti
- Rice Spirals

Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta
- Organic Brown Rice Spaghetti Pasta

Pasta Sauce

Amy's

- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Spicy Chipotle Salsa

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa

Sauces, Salsas and Dips (Cont'd)

Organicville

- Organic Mild Salsa
- Organic Sesame Teriyaki

World Foods

- Thai Basil Curry Stir Fry 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, Light in Sodium
- Organic Southwestern Black Bean 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

Soups (Cont'd)

Imagine Foods

- 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 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
- 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

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup