

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Ridgewood 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](mailto:WFMSpecialDiets@wholefoods.com).

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### Baked Goods

#### WFM Gluten Free Bakehouse

Carrot Cake  
Molasses Ginger Cookies  
Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

### Baking Needs (Cont'd)

#### Arrowhead Mills

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

#### Bob's Red Mill

Almond Flour  
Flaxseed Meal  
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
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

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

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Hain

- Baking Powder

### Namaste

- Waffle & Pancake Mix

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix

## Beverages

### Celestial Seasonings

- Authentic Green Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Cranberry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Tangerine Orange Zinger 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 Cinnamon & Raisin Bread
- 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
- Boom Choco Boom Dark Chocolate Bar

## Canned Goods

### Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans
- Organic Traditional Refried Beans

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

### Bakery On Main

- Cranberry Orange Cashew Gluten Free Granola
- Extreme Fruit & Nut Gluten Free Granola

## Cereal (Cont'd)

### Bakery On Main

Nutty Cranberry Gluten Free Granola  
Rainforest Gluten Free Granola

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal  
GlutenFree Rolled Oats

### Enjoy Life

Very Berry Crunch Granola

### EnviroKidz

Amazon Frosted Flakes Organic Cereal  
Gorilla Munch Organic Cereal  
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  
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

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

### Arico

Cassava Chips, Sea Salt Mist

### Food Should Taste Good

Buffalo 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

### Lundberg Farms

Apple Cinnamon Rice Cakes  
Buttery Caramel Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Koku Seaweed 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

### 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  
Vegenaise, Original

### Organicville

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch

## Condiments (Cont'd)

### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon 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 Golden Balsamic Omega-3 Dressing
- Organic Olive Oil Mayonnaise
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Arico

- Almond Cranberry Cookies

### Bakery On Main

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

### Cookies... For Me?

- Bag of Chocolate Chip Cookies
- Brownie
- Chocolate Chip Cookie

### 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 Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- Soft Baked No-Oats "Oatmeal" Cookie

## Cookies and Snack Bars (Cont'd)

### Enjoy Life

- 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
- Organic Vanilla Animal Cookies
- Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry
- Breakfast Bars, Chocolate

### Jennie's

- Coconut Macaroons

### Organ

- Outback Animals - Chocolate Cookies

### Pamela's Products

- Ginger Cookies with Sliced Almonds
- Simplebites Extreme Chocolate Mini Cookies

### WFM Gluten Free Bakehouse

- Molasses Ginger 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
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Sour Cream

### So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- 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
- 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
- Raspberry Dairy Free Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Cultured Coconut Milk Yogurt

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Vanilla 32 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 Black Forest Ham
- Sliced Coppa
- Sliced Genoa Salami
- Sliced Honey Ham

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

### Applegate Farms

- Sliced Honey Maple Turkey
- Sliced Hot Genoa Salami
- Sliced Hot Soppressata
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- 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
- Sliced Soppressata
- Sliced Turkey Bologna
- Sliced Turkey Salami

## Desserts

### WFM Gluten Free Bakehouse

- Carrot Cake

## Entrees and Mixes

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

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

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

## Entrees and Mixes (Cont'd)

### Namaste

Waffle & Pancake Mix

## Ethnic Foods

### Amy's

Organic Black Bean Tamale Verde Whole Meal  
Organic Indian Vegetable Korma  
Organic Teriyaki Bowl

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Traditional

## Frozen Foods

### Amy's

Kids Baked Ziti Meal  
Organic Baked Ziti Bowl  
Organic Bistro Veggie Burger  
Organic Black Bean Tamale Verde Whole Meal  
Organic Brown Rice & Vegetables Bowl  
Organic Brown Rice, Black-Eyed Peas & Veggies Bowl  
Organic Indian Vegetable Korma  
Organic Rice Crust Spinach Pizza  
Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza  
Organic Teriyaki Bowl  
Organic Tofu Scramble

### Applegate Farms

Maple Breakfast Sausage  
Organic Turkey Burgers

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
Chicken Patties, Wheat Free Gluten Free  
French Toast Sticks, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Popcorn Turkey Corn Dogs  
Soy Cheesy French Bread Pizza, Wheat Free Gluten Free  
Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

## Frozen Foods (Cont'd)

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Homestyle Waffles

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

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 Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Snickerdoodle Non-Dairy Frozen Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk  
Fudge Bar, Sugar Free  
Kidz Assorted Fruit Pops

### Starfish

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

### Sweet Nothings

Non-Dairy Fudge Bar  
Non-Dairy Fudge Bar, 6-pack

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Flax Waffles  
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

## Grains and Rice (Cont'd)

### Lundberg Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Basmati Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Long Grain 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 Short Grain Brown Rice
- Organic White Long Grain Rice
- Organic Wild & Wehani Rice
- Organic Wild Rice

## Jams and Nut Butters

### 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
- Greatest Little Organic Smokey Cocktail Frank
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sliced Sunday Bacon
- Sliced Turkey Bacon

## Nutritional Supplements

### Bob's Red Mill

- Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hemp Protein Powder
- Hulled Hemp Seeds
- Organic Brown Flaxseeds

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

### DeBoles Foods

- Multi-Grain Penne
- 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 Spicy Chipotle Salsa

### Organicville

- Organic Medium Salsa
- Organic Mild Salsa

## 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 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 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 32 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 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, 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

## Sweeteners

### Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup