

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Orange 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.

..
..
--
--

Baked Goods

WFM Gluten Free Bakehouse

- Almond Cookies
- 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 All Purpose Baking Mix
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Millet 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 Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- Organic Brown Flaxseeds

Baking Needs (Cont'd)

Bob's Red Mill

- Organic Coconut Flour
- Organic Golden Flaxseed Meal
- Potato Flour
- Potato Starch
- 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
- Pancake & Waffle Mix
- Sugar Cookie Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Pamela's Products

- Classic Vanilla Cake Mix

Beverages

Celestial Seasonings

- Antioxidant Green Tea, 20 Ct
- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sugar Plum Spice, 20 Ct
- Tension Tamer Tea, 20 Ct
- Wild Berry Tea, 20 Ct

So Delicious

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

Bread

Enjoy Life

- Cinnamon Raisin Bagels
- Original Bagels

Glutino

- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Pizza Crusts

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 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

Organic Yellow Corn Grits

Bakery On Main

Apple Raisin Walnut Gluten Free Granola

Cranberry Orange Cashew Gluten Free Granola

Nutty Cranberry Gluten Free Granola

Rainforest Gluten Free Granola

Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

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

Cheese (Cont'd)

Follow Your Heart

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Sour Cream

Chips, Pretzels and Snacks

Arico

Cassava Chips, Ginger on Fire

Cassava Chips, Original

Food Should Taste Good

Buffalo Tortilla Chips 6 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, Unsalted

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 Mochi Sweet Rice Cakes

Organic Sea Salt Rice Chips

Organic Tamari Seaweed 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, Curry

Sticks & Twigs, Sea Salt

Sticks & Twigs, Tomato Chipotle

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
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 Olive Oil Mayonnaise
Organic Soy Mayonnaise 16 oz

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
Bag of Dairy Free Sugar Cookies
Brownie
Chocolate Dipped Sugar Cookie
Dairy Free Sugar Cookie
Iced Lemon Sugar Cookie

Cookies and Snack Bars (Cont'd)

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 No-Oats "Oatmeal" 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
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

Jennie's

Coconut Macaroons

Orgran

Outback Animals - Vanilla Cookies

Pamela's Products

Ginger Cookies with Sliced Almonds
Peanut Butter Cookies

WFM Gluten Free Bakehouse

Almond Cookies
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
- Original (Plain) Coconut Milk Kefir
- 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 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

- Longevity Soy Beverage, Plain 32 oz
- Longevity Soy Beverage, Vanilla 32 oz
- Organic Soy Beverage, Unsweetened Original 64 oz

Dairy Alternatives (Cont'd)

WestSoy

- Plus Soy Beverage, Plain 32 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

- Canadian Bacon
- Organic Sliced Oven Roasted Chicken
- Salametti
- Sliced Authentic Prosciutto
- Sliced Coppa
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Genoa Salami
- 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 Pancetta
- 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

Arrowhead Mills

- Gluten Free All Purpose Baking 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

Chocolate Chip Cookie 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 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 Thai Stir-Fry

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

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

Frozen Foods (Cont'd)

Amy's

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 Rice Crust Spinach Pizza

Organic Roasted Vegetable Tamale Whole Meal

Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza

Organic Thai Stir-Fry

Organic Tofu Scramble

Applegate Farms

Maple Breakfast Sausage

Organic Turkey Burgers

Sage Breakfast Sausage

French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough

Gluten Free Cafe

Asian Noodles

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

Lightly Battered Fish, Wheat Free Gluten Free

Popcorn Turkey Corn Dogs

Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert

Chocolate Almond Non-Dairy Frozen Dessert

Chocolate Peanut Butter Non-Dairy Frozen Dessert

Green Tea Non-Dairy Frozen Dessert

Raspberry Non-Dairy Frozen Dessert

Vanilla Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Nature's Path

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

Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert

Purely Decadent

- Belgian Chocolate Non-Dairy Frozen Dessert
- Blueberry Cheesecake Non-Dairy Frozen Dessert
- Cherry Nirvana Non-Dairy Frozen 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 Non-Dairy Frozen Coconut Milk Dessert
- Dulce De Leche Non-Dairy Frozen Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Praline Pecan 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
- Vanilla Bar, Made with Coconut Milk

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

Frozen Foods (Cont'd)

Van's

- Wheat Free Blueberry Waffles
- 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

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 Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- 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
- Crunchy Natural Peanut Butter

Meat Alternatives

Applegate Farms

Organic Smoked Andouille

Bob's Red Mill

TVP (Textured Vegetable Protein)

Meat and Poultry

Applegate Farms

Beef Hot Dogs
Big Apple Hot Dogs
Chicken & Apple Sausage
Chicken Apple Breakfast Sausage
Chicken Hot Dogs
Maple Breakfast Sausage
Organic Beef Hot Dogs
Organic Chicken & Apple Sausage
Organic Chicken Hot Dogs
Organic Hot Dogs
Organic Poultry Andouille Sausage
Organic Sliced Sunday Bacon
Organic Smoked Bratwurst
Organic Sweet Italian Sausage
Organic Turkey Burgers
Organic Turkey Hot Dogs
Sage Breakfast Sausage
Sliced Organic Turkey Bacon
Sliced Sunday Bacon
Sliced Turkey Bacon
Turkey Hot Dogs

Nuts, Seeds and Dried Fruits

Bob's Red Mill

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

Pasta (Cont'd)

Bionaturae

Organic Gluten Free Fusilli
Organic Gluten Free Linguine
Organic Gluten Free Penne Rigate
Organic Gluten Free Spaghetti

DeBoles Foods

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

Lundberg Farms

Organic Brown Rice Rotini Pasta

Pasta Sauce

Amy's

Organic Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

Organic Black Bean & Corn Salsa
Organic Mild Salsa
Organic Spicy Chipotle Salsa

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa
Organic Sesame Teriyaki

Seafood

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock

Seafood (Cont'd)

Starfish

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 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 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 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

Soups (Cont'd)

Imagine Foods

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