

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cambie Store, Pacific Northwest 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).

### Baking Needs

#### Bob's Red Mill

- Almond Flour
- Baking Powder
- Flaxseed Meal
- Flaxseeds
- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix
- Gluten Free Cinnamon Raisin Bread
- Gluten Free Cornbread Mix
- Gluten Free Cornmeal
- Gluten Free Hearty Whole Grain Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Golden Flaxseed Meal
- Golden Flaxseeds
- Millet Flour

### Baking Needs (Cont'd)

#### Bob's Red Mill

- Millet Grits/Meal
- Organic Brown Rice Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Quinoa Flour
- Potato Flour
- Potato Starch
- Teff Flour
- White Rice Flour

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### Beverages

#### 365 Every Day Value™

- Cola
- Ginger Ale
- Root Beer Soda

## **Beverages (Cont'd)**

### **Celestial Seasonings**

- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Chai India Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Mandarin Orchard Green Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Herbal Tea Sampler, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Tangerine Orange Zinger Tea, 20 Ct

## **Bread**

### **Glutino**

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

## **Cereal**

### **Bob's Red Mill**

- Brown Rice Farina Creamy Rice Hot Cereal
- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Millet Grits/Meal
- Organic Buckwheat Groats

### **Enjoy Life**

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

### **EnviroKidz**

- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal

## **Cereal (Cont'd)**

### **Lundberg Farms**

- Organic Pure Creamy Rice Cereal

### **Nature's Path**

- Organic Crispy Rice Cereal
- 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

## **Chips, Pretzels and Snacks**

### **Arico**

- Cassava Chips, Barbecue Bliss
- Cassava Chips, Ginger on Fire
- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

### **Lundberg Farms**

- Organic Koku Seaweed Rice Cakes
- Organic Sesame Tamari Rice Cakes

### **Mary's Gone Crackers**

- Sticks & Twigs, Curry
- Sticks & Twigs, Sea Salt
- Sticks & Twigs, Tomato Chipotle

## **Condiments**

### **Organicville**

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup

## **Cookies and Snack Bars**

### **Arico**

Almond Cranberry Cookies  
Peanut Butter Cookies

### **Enjoy Life**

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### **EnviroKidz**

Cheetah Organic Crispy Rice Bars, Berry  
Koala Organic Crispy Rice Bars, Chocolate  
Panda Organic Crispy Rice Bars, Peanut Butter

## **Crackers**

### **Mary's Gone Crackers**

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Orginal

## **Energy and Nutrition Bars/Drinks**

### **Bumble Bar**

Chai with Almonds  
Chocolate Crisp  
Chunky Cherry  
Lushus Lemon  
Original with Almond  
Original with Hazelnut  
Original with Mixed Nuts  
Tasty Tropical

## **Entrees and Mixes**

### **Lundberg Farms**

Organic Florentine Risotto  
Organic Tuscan Risotto

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Chicken Fingers, Allergen Free  
Ian's Chicken Nuggets, Allergen Free  
Lightly Battered Fish, Wheat Free Gluten Free

### **Van's**

Wheat Free Blueberry Waffles  
Wheat Free Homestyle Waffles

## **Grains and Rice**

### **Lundberg Farms**

Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb  
Organic Short Grain Brown Rice, 25 lb

## **Nuts, Seeds and Dried Fruits**

### **Bob's Red Mill**

Flaxseeds  
Golden Flaxseeds

## **Pasta**

### **Rizopia**

Brown Rice Pasta, Fettuccine  
Brown Rice Pasta, Fusilli  
Brown Rice Pasta, Penne  
Brown Rice Pasta, Shells  
Brown Rice Pasta, Spirals  
Organic Brown Rice Pasta, Fusilli  
Organic Brown Rice Pasta, Penne  
Organic Brown Rice Pasta, Spaghetti  
Organic Wild Rice Pasta, Elbows  
Organic Wild Rice Pasta, Spaghetti  
Spinach Brown Rice Pasta, Spaghetti  
Vegetable Brown Rice Pasta, Fusilli

## Sauces, Salsas and Dips

### Organicville

Organic Sesame Teriyaki