

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Fremont 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).

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### Baked Goods

#### Crave

- Brownie Favors
- Chocolate Cupcakes, 4-Pack

#### WFM Gluten Free Bakehouse

- Carrot Cake
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### Bob's Red Mill

- Almond Flour
- Flaxseed Meal
- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Garbanzo & Fava Bean Flour
- 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
- Hemp Protein Powder
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Potato Starch
- Tapioca Flour
- White Rice Flour

## Baking Needs (Cont'd)

### Cherrybrook Kitchen

Vanilla Frosting

### Enjoy Life

Semi-Sweet Chocolate Chips

### Hain

Baking Powder

### Namaste

Blondie Mix

Cookie Mix

Pizza Crust Mix

Spice Cake Mix

Waffle & Pancake Mix

### Pamela's Products

Chocolate Cake Mix

Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

Bengal Spice Tea, 20 Ct

Chamomile Tea, 20 Ct

Cinnamon Apple Spice Tea, 20 Ct

Country Peach Passion

Lemon Zinger Tea, 20 Ct

Mint Magic Tea, 20 Ct

Red Zinger Tea, 20 Ct

Sleepytime Extra Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Tea, 40 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

## 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

## 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

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

### Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

Organic Brown Rice Farina Creamy Rice Hot Cereal

Organic Creamy Buckwheat Hot Cereal

Organic Kasha (Roasted Buckwheat Kernels)

### Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

### EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Koala Crisp Organic Cereal

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic 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

## Cheese

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

## Chips, Pretzels and Snacks

### Arico

- Cassava Chips, Barbecue Bliss
- Cassava Chips, Sea Salt Mist

### Food Should Taste Good

- Buffalo Tortilla Chips 6 oz
- Jalapeno Tortilla Chips 1.5 oz
- Lime Tortilla Chips 5.5 oz
- Multigrain Tortilla Chips 1.5 oz
- Potato & Chive Tortilla Chips 5.5 oz

### Food Should Taste Good

- Multigrain Tortilla Chips 6 oz
- Olive Tortilla Chips 6 oz

### Lundberg Farms

- Honey Nut Rice Cakes
- Organic Brown 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

### Mr. Krispers

- Baked Rice Krisps, Barbecue
- Baked Rice Krisps, Sea Salt & Pepper

## Condiments

### Follow Your Heart

- Vegenaise, Original

### Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

## Condiments (Cont'd)

### Organicville

- Organic Dressing, Tarragon Dijon Vinaigrette

### Spectrum

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Roasted Garlic Mayonnaise 12 oz

## Cookies and Snack Bars

### Enjoy Life

- Soft Baked Double Chocolate Brownie Cookies

### EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

- Breakfast Bars, Blueberry

### Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies

### WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

- 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

## Dairy Alternatives

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

### So Delicious

- Blueberry Agave Sweetened Soy 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 Cultured Coconut Milk Yogurt
- Raspberry 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
- 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

- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham

## Desserts

### Crave

- Brownie Favors
- Chocolate Cupcakes, 4-Pack

### French Meadow Bakery

- Gluten Free Fudge Brownie

### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chocolate Crisp
- Original with Almond
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free Pizza Crust Mix

### Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix

### Namaste

- Blondie Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Waffle & Pancake Mix

## Ethnic Foods

### Amy's

- Organic Asian Noodle Stir-Fry
- 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, Sundried Tomato & Garlic
- Organic Polenta, Traditional

## Ethnic Foods (Cont'd)

### Organicville

Organic Island Teriyaki

## Frozen Foods

### Amy's

Organic Asian Noodle Stir-Fry  
Organic Bistro Veggie Burger  
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 Mexican Tamale Pie  
Organic Rice Crust Spinach Pizza  
Organic Roasted Vegetable Tamale Whole Meal  
Organic Shepherd's Pie  
Organic Teriyaki Bowl  
Organic Thai Stir-Fry  
Organic Tofu Scramble

### Applegate Farms

Maple Breakfast Sausage  
Sage Breakfast Sausage

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough  
Gluten Free Fudge Brownie

### Ian's Natural Foods

Ian's Fish Sticks, Allergen Free

### It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert  
Chocolate Almond Non-Dairy Frozen Dessert

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Homestyle Waffles  
Organic Mesa Sunrise Waffles

### Organic So Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert  
Mint Marble Fudge Non-Dairy Frozen Dessert  
Mocha Fudge Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### 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  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Snickerdoodle 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  
Kidz Assorted Fruit Pops  
Vanilla Bar, Made with Coconut Milk

### Starfish

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

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz  
Traditional Organic Quinoa 12 oz

### Bob's Red Mill

Organic Kasha (Roasted Buckwheat Kernels)

### Lundberg Farms

Eco-Farmed California White Arborio Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California Brown Jasmine Rice, 25 lb  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice  
Organic White Long Grain Rice

## Jams and Nut Butters

### Arrowhead Mills

- Creamy Peanut Butter, 26 oz
- Crunchy Peanut Butter, 26 oz
- Organic Crunchy Peanut Butter, 16 oz

### Earth Balance

- Crunchy Natural Peanut Butter

## Meat and Poultry

### Applegate Farms

- Chicken Apple Breakfast Sausage
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage

## Nutritional Supplements

### Bob's Red Mill

- Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hemp Protein Powder

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Multi-Grain Penne
- Rice Spaghetti

### Lundberg Farms

- Organic Brown Rice Rotini Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce

## Prepared Foods

### Food Merchants

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

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Mild Salsa

### Organicville

- Organic Island Teriyaki

## 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

## **Soups (Cont'd)**

### **Amy's**

- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

### **Imagine Foods**

- Broccoli Soup 32 oz
- Butternut Squash Soup 32 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 Portabello Mushroom Soup 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Tomato Soup 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 oz
- Potato Leek Soup 32 oz
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 32 oz

## **Sweeteners**

### **Lundberg Farms**

- Brown Rice Syrup