

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Vancouver 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-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

- Blueberry Muffins
- Chocolate Chip Cookies
- Pizza Crust
- Prairie Bread
- Sandwich Bread

Baking Needs

Bob's Red Mill

- Almond Flour
- Baking Powder
- Black Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Hearty Whole Grain Bread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Golden Flaxseeds
- Hazelnut Meal/Flour
- Millet Flour
- Organic Amaranth Flour
- Organic Brown Rice Flour
- Organic Coconut Flour
- Potato Starch
- Teff Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

Let's Do...

- Carnival Sprinkelz
- Chocolatey Sprinkelz

Baking Needs (Cont'd)

Let's Do...

- Confetti Sprinkelz

Beverages

Celestial Seasonings

- Authentic Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Cinnamon Apple Spice Tea, 20 Ct
- Decaf Chai India Spice Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Honey Lemon Ginseng Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Perfectly Pear White Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Tension Tamer Tea, 20 Ct

Bread

Food For Life

- Brown Rice Bread, Wheat & Gluten Free
- Raisin Pecan Bread, Wheat & Gluten Free
- Rice Almond Bread, Wheat & Gluten Free
- Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Food for Life

- Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

Glutino

- Bagels, Cinnamon 'n Raisin
- Bagels, Plain

Bread (Cont'd)

Glutino

- Bagels, Poppy Seed
- Bagels, Sesame Seed
- English Muffins
- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread

Kinnikinnick

- Cheese Tapioca Rice Bread
- Italian White Tapioca Rice Bread
- Many Wonder Multigrain Rice Bread
- Pizza Crusts, 7 Inch
- Raisin Tapioca Rice Bread
- Robins Honey Brown Rice Bread
- Sunflower Flax Rice Bread
- Tapioca Rice English Muffin
- Tapioca Rice Hamburger Buns
- Tapioca Rice Sesame Bagels
- White Sandwich Bread

WFM Gluten Free Bakehouse

- Prairie Bread
- Sandwich Bread

Candy and Chocolate

Endangered Species Chocolate

- Dark Chocolate with Cranberries & Almonds - Wolf
- Dark Chocolate with Deep Forest Mint
- Dark Chocolate with Raspberries - Grizzly Bear
- Extreme Dark Chocolate - Panther
- Intense Dark Chocolate with Cacao Nibs - Bat
- Milk Chocolate with Almonds - Crane
- Smooth Milk Chocolate - Sea Otter
- Supreme Dark Chocolate - Chimpanzee

Let's Do...

- Carnival Sprinkelz
- Chocolatey Sprinkelz
- Confetti Sprinkelz

Candy and Chocolate (Cont'd)

Let's Do... Organic

- Organic Classic Gummi Bears
- Organic Super Sour Gummi Bears

Cereal

Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Creamy Buckwheat Hot Cereal

Enjoy Life

- Cranapple Crunch Granola
- Very Berry Crunch Granola

EnviroKidz

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

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

Kettle Brand®

- Potato Chips, Honey Dijon 2 oz
- Potato Chips, Lightly Salted 2 oz
- Potato Chips, New York Cheddar w/ Herbs 2 oz
- Potato Chips, Organic Chipotle Chili BBQ 5 oz

Chips, Pretzels and Snacks (Cont'd)

Kettle Brand®

Potato Chips, Organic Lightly Salted 5 oz

Kettle Brand®

Potato Chips, Organic Sea Salt & Black Pepper 5 oz

Lundberg Farms

Organic Caramel Corn Rice Cakes
Organic Cinnamon Toast Rice Cake
Organic Koku Seaweed Rice Cakes
Organic Sesame Tamari Rice Cakes

Mary's Gone Crackers

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

Condiments

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce

The Wizard's Sauce

Organic Wheat-Free Vegan Worcestershire

Cookies and Snack Bars

Arico

Chocolate Chunk Cookies
Double Chocolate Cookies
Lemon Ginger Cookies
Peanut Butter Cookies

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies

Cookies and Snack Bars (Cont'd)

Enjoy Life

Soft Baked Double Chocolate Brownie Cookies
Soft Baked No-Oats "Oatmeal" Cookie
Very Berry Snack Bars

EnviroKidz

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

Glutenfreeda's Real Cookies

Chip Chip Hooray! Cookie Dough

Glutino

Chocolate Coated Wafers
Lemon Wafers
Vanilla Wafers

Kinnikinnick

Ginger Snap Cookies
KinniTOOS Chocolate Sandwich Creme Cookies

WFM Gluten Free Bakehouse

Chocolate Chip Cookies

Crackers

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Toasted Onion
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Caraway
Crackers, Herb
Crackers, Onion
Crackers, Original

Dairy

Earth Balance

Soy Garden Buttery Spread

Dairy Alternatives

365 Everyday Value™

- Organic Ricemilk - Original
- Organic Ricemilk - Unsweetened
- Organic Ricemilk - Vanilla

Blue Diamond

- Almond Breeze, Chocolate
- Almond Breeze, Original
- Almond Breeze, Vanilla

Energy and Nutrition Bars/Drinks

Bumble Bar

- Cherry Chocolate
- Chocolate Crisp
- Lushus Lemon
- Original with Almond
- Original with Cashew
- Original with Hazelnut

Entrees and Mixes

Lundberg Farms

- Organic Alfredo Risotto
- Organic Florentine Risotto
- Organic Porcini Wild Mushroom Risotto
- Organic Tuscan Risotto

Tasty Bite

- Bengal Lentils
- Bombay Potatoes
- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils
- Punjab Eggplant

Ethnic Foods

Edward & Sons

- Brown Rice Snaps, Tamari Seaweed
- Miso-Cup, Organic Reduced Sodium
- Miso-Cup, Organic Traditional with Tofu

Food For Life

- Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Ethnic Foods (Cont'd)

Premier Japan

- Organic Wheat-Free Teriyaki Sauce

Tasty Bite

- Bengal Lentils
- Bombay Potatoes
- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils
- Punjab Eggplant

Frozen Foods

Glutenfreeda's Real Cookies

- Chip Chip Hooray! Cookie Dough

Ian's Natural Foods

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

Kinnikinnick

- Cheese Tapioca Rice Bread
- Italian White Tapioca Rice Bread
- Many Wonder Multigrain Rice Bread
- Pizza Crusts, 7 Inch
- Raisin Tapioca Rice Bread
- Robins Honey Brown Rice Bread
- Sunflower Flax Rice Bread
- Tapioca Rice English Muffin
- Tapioca Rice Hamburger Buns
- Tapioca Rice Sesame Bagels
- White Sandwich Bread

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Homestyle Waffles

Grains and Rice

Eden

- Organic Buckwheat, Hulled Whole Grain
- Organic Millet, Whole Grain

Grains and Rice (Cont'd)

Lundberg Farms

- Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb
- Organic Alfredo Risotto
- Organic California White Basmati Rice, 25 lb
- Organic Porcini Wild Mushroom Risotto
- Organic Short Grain Brown Rice, 25 lb

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Golden Flaxseeds

Enjoy Life

- Not Nuts! Mountain Mambo Trail Mix

Pasta

Rizopia

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

Tinkyada

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Penne
- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Spirals
- Spinach Brown Rice Spaghetti

Personal Care

Tom's of Maine

- Honeysuckle Rose Stick Deodorant
- Lemongrass Long Lasting Stick Deodorant
- Peppermint Baking Soda Mouthwash
- Silly Strawberry Non-Fluoride Toothpaste
- Unscented Stick Deodorant

Sauces, Salsas and Dips

Premier Japan

- Organic Wheat-Free Teriyaki Sauce

Soups

Edward & Sons

- Miso-Cup, Organic Reduced Sodium
- Miso-Cup, Organic Traditional with Tofu