

# Gluten and Casein 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 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
- 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

### Baking Needs (Cont'd)

#### Bob's Red Mill

- Organic Coconut Flour
- Potato Starch
- Teff Flour

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### 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

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

### **Celestial Seasonings**

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**

### **Glutino**

Premium Cinnamon & Raisin Bread  
Premium Corn Bread  
Premium Fiber Bread  
Premium Flax Seed Bread

## **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

### **Lundberg Farms**

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

## **Cookies and Snack Bars**

### **Arico**

Lemon Ginger Cookies  
Peanut Butter Cookies

### **Enjoy Life**

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

## **Cookies and Snack Bars (Cont'd)**

### **EnviroKidz**

Panda Organic Crispy Rice Bars, Peanut Butter

## **Crackers**

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

Crackers, Black Pepper

Crackers, Caraway

Crackers, Herb

Crackers, Onion

Crackers, Original

## **Dairy**

### **Earth Balance**

Soy Garden Buttery Spread

## **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 Florentine Risotto

Organic Tuscan Risotto

## **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 California White Basmati Rice, 25 lb

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