

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Westlake 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

#### WFM Gluten Free Bakehouse

Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Blue Corn Meal  
Gluten Free All Purpose Baking Mix  
Gluten Free Brownie Mix  
Yellow Corn Meal

### Baking Needs (Cont'd)

#### Bob's Red Mill

Almond Flour  
Baking Powder  
Brown Rice Flour  
Cornstarch  
Flaxseed Meal  
Flaxseeds  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Brownie Mix  
Gluten Free Chocolate Cake Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Cinnamon Raisin Bread  
Gluten Free Cornbread Mix  
Gluten Free Homemade Wonderful Bread Mix  
Gluten Free Pancake Mix  
Gluten Free Pizza Crust Mix  
Gluten Free Sweet White Sorghum Flour  
GlutenFree Rolled Oats

## Baking Needs (Cont'd)

### Bob's Red Mill

- Golden Flaxseed Meal
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Quinoa Flour
- Potato Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Hain

- Baking Powder

### Namaste

- Blondie Mix
- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix

### Pamela's Products

- Chocolate Cake Mix
- Cornbread & Muffin Mix
- Gluten-Free Bread Mix
- Gluten-Free Bread Mix & Flour Blend

## Beverages

### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Ginger Ale
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

## Beverages (Cont'd)

### Celestial Seasonings

- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Tension Tamer Tea, 20 Ct

### So Delicious

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

## Bread

### Glutino

- Premium Fiber Bread
- Premium Pizza Crusts

## Candy and Chocolate

### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice 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

## Cereal

### Amy's

- Organic Cream of Rice Hot Cereal Bowl

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

### Bakery On Main

- Cranberry Orange Cashew Gluten Free Granola
- Extreme Fruit & Nut Gluten Free Granola

## Cereal (Cont'd)

### Bakery On Main

Rainforest Gluten Free Granola

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

### EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Koala Crisp Organic Cereal

Leapin' Lemurs Peanut Butter & Chocolate Organic 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

Organic Whole O's Cereal

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Cream Cheese

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

Vegan Gourmet Sour Cream

## Chips, Pretzels and Snacks

### Arico

Cassava Chips, Barbecue Bliss

Cassava Chips, Ginger on Fire

Cassava Chips, Original

### Food Should Taste Good

Cinnamon Tortilla Chips 5.5 oz

Lime Tortilla Chips 5.5 oz

Multigrain Tortilla Chips 12 oz

Potato & Chive Tortilla Chips 5.5 oz

## Chips, Pretzels and Snacks (Cont'd)

### Food Should Taste Good

Sweet Potato Tortilla Chips 6 oz

The Works! Tortilla Chips 6 oz

Yellow Corn Tortilla Chips 11 oz

### Food Should Taste Good

Multigrain Tortilla Chips 6 oz

Olive Tortilla Chips 6 oz

### Lundberg Farms

Organic Brown Rice Cakes

Organic Koku Seaweed Rice Cakes

Organic Mochi Sweet Rice Cakes

Organic Popcorn Rice Cakes

Organic Sea Salt Rice Chips

Organic Tamari Seaweed Rice Cakes

Organic Unsalted Brown 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, High Omega-3 w/ Expeller-Pressed Canola Oil

### Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

## Condiments (Cont'd)

### Spectrum

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Olive Oil Mayonnaise
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Roasted Garlic Mayonnaise 12 oz
- Organic Soy Mayonnaise, Squeeze Bottle
- Organic Wasabi Mayonnaise 12 oz

## Cookies and Snack Bars

### Arico

- Lemon Ginger Cookies

### Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Graham Mini Cookies

### Enjoy Life

- Caramel Apple Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars

### EnviroKidz

- Koala Organic Crispy Rice Bars, Chocolate
- Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

### Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies
- Simplebites Extreme Chocolate Mini Cookies

## Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- 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
- 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 Nacho 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
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage

## Dairy Alternatives (Cont'd)

### So Delicious

- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 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 Honey Maple Turkey
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

- Dark Chocolate Bars - individual bars

### Bumble Bar

- Chocolate Crisp
- Chunky Cherry
- Lushus Lemon
- Original with Almond
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix

### Bob's Red Mill

- Gluten Free Chocolate Cake Mix
- Gluten Free Chocolate Chip Cookie Mix

## Entrees and Mixes (Cont'd)

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

### Namaste

- Blondie Mix
- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix

## 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 Mexican Tamale Pie
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

- Organic Polenta, Traditional

### Organicville

- Organic Island Teriyaki

## Frozen Foods

### Amy's

- 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
- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Cream of Rice Hot Cereal Bowl

## Frozen Foods (Cont'd)

### Amy's

- 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 Shepherd's Pie, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- 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

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs
- Soy Cheesy French Bread Pizza, Wheat Free  
Gluten Free
- Wafflewich, Egg & Maple Sausage, Wheat Free  
Gluten Free

### It's Soy Delicious

- Green Tea 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
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mint Marble Fudge Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Organic So Delicious

- Strawberry Non-Dairy Frozen Dessert

### Purely Decadent

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk  
Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge 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
- Pomegranate Chip 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
- Orange Passion Fruit Agave Sweetened Fruit Bar
- Raspberry Agave Sweetened Fruit Bar
- Vanilla Bar, Made with Coconut Milk

### Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Halibut

### Sweet Nothings

- Non-Dairy Fudge Bar

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- 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

### Bob's Red Mill

- Organic Quinoa Grain

### Lundberg Farms

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

## Jams and Nut Butters

### Arrowhead Mills

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

### Earth Balance

- Creamy Natural Peanut Butter

## Meat Alternatives

### WestSoy

- Extra Firm Tofu, Tidal Wave 14 oz
- Extra Firm Tofu, Vacuum-Pack 12 oz
- Firm Tofu, Water-Pack 14 oz
- Soft Tofu, Water-Pack 14 oz

## Meat and Poultry

### Applegate Farms

- Greatest Little Organic Smokey Cocktail Frank
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken Hot Dogs
- Organic Hot Dogs

## Meat and Poultry (Cont'd)

### Applegate Farms

- Organic Sliced Sunday Bacon
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage
- Sliced Organic Turkey Bacon

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Flaxseeds

### Enjoy Life

- Not Nuts! Beach Bash Trail Mix
- Not Nuts! Mountain Mambo Trail Mix

## 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

### Bionaturae

- Organic Gluten Free Spaghetti

### DeBoles Foods

- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Spirals

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Spaghetti Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce

## Prepared Foods

### Food Merchants

Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

Organic Black Bean & Corn Salsa

Organic Medium Salsa

Organic Spicy Chipotle Salsa

### Organicville

Organic Island Teriyaki

Organic Medium Salsa

Organic Pineapple Salsa

## Seafood

### Starfish

Crispy Battered Gluten Free Cod

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 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

## Soups (Cont'd)

### Imagine Foods

Broccoli Soup 16 oz

Broccoli Soup 32 oz

Butternut Squash Soup 16 oz

Chicken Broth 16 oz

Corn & Lemongrass Soup 16 oz

Free Range Chicken Broth 32 oz

No Chicken Broth 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 Tomato Soup 32 oz

Organic Tomato Soup, Low Sodium 32 oz

Organic Vegetable Broth, Low Sodium 32 oz

Potato Leek Soup 16 oz

Potato Leek Soup 32 oz

Tomato Basil Soup 32 oz

Vegetable Broth 16 oz

Vegetable Broth 32 oz

## Spices and Seasonings

### Bob's Red Mill

Cornstarch

## Sweeteners

### Lundberg Farms

Brown Rice Syrup

Organic Brown Rice Syrup