

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Baseline Store, Rocky Mountain 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

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Gluten Free All Purpose Baking Flour
- Gluten Free Chocolate Cake Mix
- Gluten Free Pancake Mix

### Baking Needs (Cont'd)

#### Bob's Red Mill

- Organic Coconut Flour
- White Rice Flour
- Xanthan Gum

#### Cherrybrook Kitchen

- Chocolate Frosting Mix

#### Gluten Free Pantry

- Muffins & Scone Mix

#### Orgran

- Egg Replacer

#### Pamela's Products

- Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct  
African Orange Mango Tea, 20 Ct  
Antioxidant Green Tea, 40 Ct  
Authentic Green Tea, 20 Ct  
Authentic Green Tea, 40 Ct  
Bengal Spice Tea, 20 Ct  
Black Cherry Berry Tea  
Chai Honey Vanilla White Tea, 20 Ct  
Chamomile Tea, 20 Ct  
Chamomile Tea, 40 Ct  
Cinnamon Apple Spice Tea, 20 Ct  
Country Peach Passion  
Decaf Mandarin Orchard Green Tea, 20 Ct  
Honey Vanilla Chamomile Tea, 20 Ct  
Lemon Zinger Tea, 20 Ct  
Mandarin Orange Spice Tea, 20 Ct  
Mint Magic Tea, 20 Ct  
Peppermint Tea, 20 Ct  
Raspberry Garden Green Tea, 20 Ct  
Raspberry Zinger Tea, 20 Ct  
Red Zinger Tea, 20 Ct  
Sleepytime Extra Tea, 20 Ct  
Sleepytime Tea, 20 Ct  
Sleepytime Throat Tamer Tea, 20 Ct  
Tangerine Orange Zinger Tea, 20 Ct  
Tension Tamer Tea, 20 Ct  
Tropical Strawberry, 20 Ct  
True Blueberry, 20 Ct

### So Delicious

Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage

## Bread

### Glutino

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

## Canned Goods

### Amy's

Organic Refried Beans with Green Chiles  
Organic Refried Black Beans  
Organic Traditional Refried Beans

## Canned Goods (Cont'd)

### Amy's

Organic Traditional Refried Beans, Light in Sodium  
Organic Vegetarian Baked Beans

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes  
Organic Rice & Shine Hot Cereal

### EnviroKidz

Gorilla Munch Organic Cereal  
Koala Crisp 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

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Monterey Jack  
Vegan Gourmet Mozzarella Cheese

## Chips, Pretzels and Snacks

### Food Should Taste Good

Buffalo Tortilla Chips 6 oz  
Cinnamon Tortilla Chips 5.5 oz  
Lime Tortilla Chips 5.5 oz  
Multigrain Tortilla Chips 12 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 oz  
Yellow Corn Tortilla Chips 11 oz

### Food Should Taste Good

Jalapeno Tortilla Chips 6 oz  
Multigrain Tortilla Chips 6 oz  
Olive Tortilla Chips 6 oz

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

### **Lundberg Farms**

- Brown Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes
- Pico de Gallo Rice Chips
- Sante Fe BBQ Rice Chips
- Sesame Tamari Rice Cakes

## **Condiments**

### **Follow Your Heart**

- Vegenaise, Grapeseed Oil

### **Organicville**

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### **Spectrum**

- Light Canola Eggless Mayonnaise 32 oz
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

## **Cookies and Snack Bars**

### **Enjoy Life**

- Soft Baked Snickerdoodle Cookies

### **EnviroKidz**

- Penguin Organic Crispy Rice Bars, Fruity Burst

### **Glutino**

- Breakfast Bars, Blueberry

### **Jennie's**

- Coconut Macaroons

### **Pamela's Products**

- Peanut Butter Cookies

## **Crackers**

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

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Original

## **Dairy**

### **Earth Balance**

- Buttery Spread with Olive Oil
- Buttery Sticks
- Organic Whipped Buttery Spread
- Original Buttery Spread
- Soy Garden Buttery Spread

## **Dairy Alternatives**

### **Follow Your Heart**

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

### **So Delicious**

- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Original (Plain) Coconut Milk Creamer
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Agave Sweetened Soy Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

### **WestSoy**

- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Vanilla 32 oz

## **Deli Style Meats and Cheeses**

### **Applegate Farms**

- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham

## Deli Style Meats and Cheeses (Cont'd)

### Applegate Farms

- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Organic Roast Beef
- Sliced Oven Roasted Sliced Turkey
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix

### Bob's Red Mill

- Gluten Free Chocolate Cake Mix

### Cherrybrook Kitchen

- Chocolate Frosting Mix

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

## 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

## Ethnic Foods (Cont'd)

### Amy's

- Organic Thai Stir-Fry

### Food Merchants

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

## Frozen 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 Brown Rice & Vegetables Bowl
- 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 Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

### Purely Decadent

- Cherry Nirvana Non-Dairy Frozen 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
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz  
Traditional Organic Quinoa 12 oz

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed California White Jasmine Rice  
Eco-Farmed Long Grain Brown Rice  
Organic California Brown Basmati Rice  
Organic California White Basmati Rice  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice

## Jams and Nut Butters

### Arrowhead Mills

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

### Earth Balance

Creamy Natural Peanut Butter

## Meat Alternatives

### WestSoy

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

## Meat and Poultry

### Applegate Farms

Beef Hot Dogs  
Chicken Apple Breakfast Sausage

## Meat and Poultry (Cont'd)

### Applegate Farms

Sliced Turkey Bacon  
Turkey Hot Dogs

## Pasta

### Ancient Harvest

Quinoa Supergrain Pasta, Garden Pagodas 8 oz

### Bionaturae

Organic Gluten Free Elbows Pasta  
Organic Gluten Free Fusilli  
Organic Gluten Free Penne Rigate

### DeBoles Foods

Rice Angel Hair Pasta  
Rice Lasagna  
Rice Spaghetti

## Pasta Sauce

### Amy's

Organic Low Sodium Marinara Sauce

## Prepared Foods

### Food Merchants

Organic Polenta, Sundried Tomato & Garlic  
Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

Organic Medium Salsa

### Organicville

Organic Medium Salsa

## Soups

### Amy's

Organic Black Bean Vegetable Soup  
Organic Chunky Vegetable Soup  
Organic Curried Lentil Soup  
Organic Fire Roasted Southwestern Vegetable Soup  
Organic Lentil Soup

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

### **Amy's**

- Organic Lentil Soup, Light in Sodium
- Organic Lentil Vegetable Soup
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

### **Imagine Foods**

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Acorn Squash & Mango Soup 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Portabello Mushroom Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 32 oz

## **Sweeteners**

### **Lundberg Farms**

- Organic Brown Rice Syrup