

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cerrillos 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.

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Baked Goods

WFM Gluten Free Bakehouse

Carrot Cake

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Blue Corn Meal

Buckwheat Flour

Gluten Free All Purpose Baking Mix

Gluten Free Brownie Mix

Baking Needs (Cont'd)

Arrowhead Mills

Gluten Free Chocolate Chip Cookie Mix

Long Grain Brown Rice Flour

Soy Flour

White Rice Flour

Yellow Corn Meal

Bob's Red Mill

Almond Flour

Arrowroot Starch Flour

Flaxseed Meal

Garbanzo Bean Flour

Gluten Free Biscuit & Baking Mix

Gluten Free Pancake Mix

GlutenFree Rolled Oats

Organic Coconut Flour

Organic Golden Flaxseed Meal

Potato Starch

Teff Flour

Baking Needs (Cont'd)

Cherrybrook Kitchen

Vanilla Frosting
Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix
Fudge Brownie Mix
Pancake & Waffle Mix
Sugar Cookie Mix

Earth Balance

Shortening

Enjoy Life

Semi-Sweet Chocolate Chips

Gluten Free Pantry

Chocolate Chip Cookie & Cake Mix
Perfect Pie Crust Mix

Hain

Baking Powder

Namaste

Brownie Mix
Muffin Mix
Spice Cake Mix
Sugar-Free Muffin Mix

Pamela's Products

Classic Vanilla Cake Mix
Cornbread & Muffin Mix
Gluten-Free Bread Mix & Flour Blend
Vanilla Frosting Mix

Beverages

365 Every Day Value™

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

Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct
Antioxidant Green Tea, 40 Ct

Beverages (Cont'd)

Celestial Seasonings

Authentic Green Tea, 20 Ct
Authentic Green Tea, 40 Ct
Bengal Spice Tea, 20 Ct
Black Cherry Berry Tea
Blueberry Breeze Green Tea, 20 Ct
Caffeine Free Celestial Tea, 40 Ct
Chai India Spice Tea, 20 Ct
Chamomile Tea, 20 Ct
Cinnamon Apple Spice Tea, 20 Ct
Country Peach Passion
Cranberry Apple Zinger Tea, 20 Ct
Decaf Chai India Spice Tea, 20 Ct
Decaf Green Tea, 20 Ct
Decaf Mandarin Orchard Green Tea, 20 Ct
Decaf Mint Green Tea, 20 Ct
Echinacea Complete Care Tea, 20 Ct
Fruit Tea Sampler, 20 Ct
Grandma's Tummy Mint Tea, 20 Ct
Honey Lemon Ginseng Green Tea, 20 Ct
Honey Vanilla Chamomile Tea, 20 Ct
Lemon Zinger Tea, 20 Ct
Madagascar Vanilla Red Tea, 20 Ct
Mandarin Orange Spice Tea, 20 Ct
Mint Magic Tea, 20 Ct
Moroccan Pomegranate Red Tea, 20 Ct
Peppermint Tea, 20 Ct
Peppermint Tea, 40 Ct
Raspberry Zinger Tea, 20 Ct
Red Zinger Tea, 20 Ct
Safari Spice Red Tea, 20 Ct
Sleepytime Extra Tea, 20 Ct
Sleepytime Tea, 20 Ct
Sleepytime Tea, 40 Ct
Sleepytime Throat Tamer Tea, 20 Ct
Tangerine Orange Zinger Tea, 20 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

Bread

Glutino

- Premium Cinnamon & Raisin Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Orgnan

- Molasses Licorice

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 Vegetarian Baked Beans

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
- Organic Yellow Corn Grits

Bob's Red Mill

- Brown Rice Farina Creamy Rice Hot Cereal
- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats

Enjoy Life

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

EnviroKidz

- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal

Cereal (Cont'd)

EnviroKidz

- Leapin' Lemurs Peanut Butter & Chocolate 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 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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Sour Cream

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
- Potato & Chive Tortilla Chips 5.5 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

Lundberg Farms

- Apple Cinnamon Rice Cakes
- Brown Rice Cakes
- Buttery Caramel Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Organic Mochi Sweet Rice Cakes
- Organic Popcorn Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes
- Pico de Gallo Rice Chips
- Sante Fe BBQ Rice Chips
- Sesame Tamari Rice Cakes
- Unsalted Brown Rice Cakes

Mary's Gone Crackers

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

Mr. Krispers

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

Condiments

Follow Your Heart

- Vegenaise, Grapeseed Oil
- Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil
- Vegenaise, Original

Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

Spectrum

- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 32 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Olive Oil Mayonnaise
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle
- Organic Wasabi Mayonnaise 12 oz

Cookies and Snack Bars

Arico

- Almond Cranberry Cookies

Enjoy Life

- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
- Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

Jennie's

- Coconut Macaroons

Pamela's Products

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

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

Dairy (Cont'd)

Earth Balance

- Original Buttery Spread
- Soy Free Buttery Spread
- Soy Garden Buttery Spread

Dairy Alternatives

Follow Your Heart

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

So Delicious

- 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
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 32 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Salametti
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Coppa
- Sliced Genoa Salami

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Genoa Salami
- Sliced Hot Soppressata
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pancetta
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Soppressata
- Sliced Turkey Bologna

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Original with Almond
- Original with Peanut

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Pizza Crust Mix

Entrees and Mixes (Cont'd)

Bob's Red Mill

TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

Fudge Brownie Mix

Pancake & Waffle Mix

Sugar Cookie Mix

Lundberg Farms

Organic Florentine Risotto

Organic Tuscan Risotto

Namaste

Brownie Mix

Muffin Mix

Spice Cake Mix

Sugar-Free Muffin Mix

Pamela's Products

Vanilla Frosting 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, Basil & Garlic

Organic Polenta, Green Chili & Cilantro

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Ethnic Foods (Cont'd)

World Foods

Thai Green Curry Paste

Thai Red Curry Paste

Frozen Foods

Amy's

Kids Baked Ziti Meal

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

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

French Meadow Bakery

Gluten Free Fudge Brownie

Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free

Kids Meal, Mac No Cheese

Popcorn Turkey Corn Dogs

Soy Cheesy French Bread Pizza, Wheat Free
Gluten Free

Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

Frozen Foods (Cont'd)

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Green Tea Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle Waffles

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Non-Dairy Frozen Coconut Milk Dessert
Chocolate Obsession Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Dulce De Leche Non-Dairy Frozen Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen 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
Purely Vanilla Non-Dairy Frozen Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Creamy Orange Bar
Kidz Assorted Fruit Pops
Orange Passion Fruit Agave Sweetened Fruit Bar
Raspberry Agave Sweetened Fruit Bar

Frozen Foods (Cont'd)

So Delicious

Strawberry Agave Sweetened Fruit Bar
Vanilla Bar, Made with Coconut Milk

Starfish

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

Van's

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

Grains and Rice

Ancient Harvest

Traditional Organic Quinoa 12 oz

Lundberg Farms

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

Jams and Nut Butters

Arrowhead Mills

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

Earth Balance

Crunchy Natural Peanut Butter

Jams and Nut Butters (Cont'd)

Maranatha

Roasted Sesame Tahini

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

WestSoy

Extra Firm Tofu, Tidal Wave 14 oz
Extra Firm Tofu, Vacuum-Pack 12 oz
Firm Tofu, Water-Pack 14 oz
Firm Tofu, Water-Pack 16 oz
Soft Tofu, Water-Pack 14 oz

Meat and Poultry

Applegate Farms

Beef Hot Dogs
Chicken Apple Breakfast Sausage
Chicken Hot Dogs
Organic Beef Hot Dogs
Organic Chicken & Apple Sausage
Organic Chicken Hot Dogs
Organic Hot Dogs
Organic Poultry Andouille Sausage
Organic Sliced Sunday Bacon
Organic Sweet Italian Sausage
Organic Turkey Hot Dogs
Sliced Organic Turkey Bacon
Sliced Turkey Bacon
Turkey Hot Dogs

Nuts, Seeds and Dried Fruits

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Garden Pagodas 8 oz
Quinoa Supergrain Pasta, Linguine 8 oz
Quinoa Supergrain Pasta, Shells 8 oz
Quinoa Supergrain Pasta, Spaghetti 8 oz

Pasta (Cont'd)

Ancient Harvest

Quinoa Supergrain Pasta, Veggie Curls 8 oz

Bionaturae

Organic Gluten Free Penne Rigate

DeBoles Foods

Multi-Grain Penne
Multi-Grain Spaghetti
Rice Angel Hair Pasta
Rice Fettuccine
Rice Lasagna
Rice Spaghetti

Lundberg Farms

Organic Brown Rice Penne Pasta
Organic Brown Rice Rotini Pasta
Organic Brown Rice Spaghetti Pasta

Namaste

Pasta Pisavera
Taco Pasta

Orgran

Gourmet Garlic & Parsley Pasta
Rice & Corn Spaghetti

Pasta Sauce

Amy's

Organic Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Green Chili & Cilantro
Organic Polenta, Sundried Tomato & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

Organic Medium Salsa
Organic Mild Salsa
Organic Spicy Chipotle Salsa

Sauces, Salsas and Dips (Cont'd)

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Sesame 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 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

Imagine Foods

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 16 oz
- Creamy Tomato Soup 16 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

Soups (Cont'd)

Imagine Foods

- 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 32 oz

Spices and Seasonings

World Foods

- Thai Green Curry Paste
- Thai Red Curry Paste

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup