

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Capitol Hill 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).

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### Baking Needs

#### Arrowhead Mills

Gluten Free All Purpose Baking Mix

#### Bob's Red Mill

Almond Flour  
Brown Rice Flour  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Cornmeal  
Gluten Free Pizza Crust Mix  
Gluten Free Sweet White Sorghum Flour  
GlutenFree Rolled Oats

### Baking Needs (Cont'd)

#### Bob's Red Mill

Organic Coconut Flour  
Organic Flaxseed Meal  
Potato Starch  
Xanthan Gum

#### Enjoy Life

Semi-Sweet Chocolate Chips

#### Namaste

Brownie Mix  
Pizza Crust Mix  
Spice Cake Mix

#### Pamela's Products

Cornbread & Muffin Mix

## Beverages

### Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct  
African Orange Mango Tea, 20 Ct  
Antioxidant Green Tea, 20 Ct  
Antioxidant Green Tea, 40 Ct  
Authentic Green Tea, 20 Ct  
Bengal Spice Tea, 20 Ct  
Black Cherry Berry Tea  
Chamomile Tea, 20 Ct  
Cinnamon Apple Spice Tea, 20 Ct  
Country Peach Passion  
Decaf Mint Green Tea, 20 Ct  
Echinacea Complete Care Tea, 20 Ct  
Honey Vanilla Chamomile Tea, 20 Ct  
Lemon Zinger Tea, 20 Ct  
Madagascar Vanilla Red Tea, 20 Ct  
Mint Magic Tea, 20 Ct  
Peppermint Tea, 20 Ct  
Raspberry Garden Green Tea, 20 Ct  
Raspberry Zinger Tea, 20 Ct  
Sleepytime Extra Tea, 20 Ct  
Sleepytime Tea, 20 Ct  
Tangerine Orange Zinger Tea, 20 Ct  
Tension Tamer Tea, 20 Ct  
True Blueberry, 20 Ct

### So Delicious

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

## Bread

### Glutino

Premium Cinnamon & Raisin Bread  
Premium Flax Seed Bread

## 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

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

### Bob's Red Mill

GlutenFree Rolled Oats

### Enjoy Life

Cranapple Crunch Granola

### EnviroKidz

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

### Nature's Path

Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz  
Organic Honey'd Cornflakes  
Organic Mesa Sunrise Cereal  
Organic Whole O's 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  
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

### Lundberg Farms

Apple Cinnamon Rice Cakes  
Brown Rice Cakes  
Buttery Caramel Rice Cakes

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

### **Lundberg Farms**

- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Popcorn Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Sesame Tamari 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

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

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

## **Condiments**

### **Follow Your Heart**

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

### **Organicville**

- Organic Dressing, Non Dairy Ranch
- Organic Original BBQ Sauce

### **Spectrum**

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

## **Cookies and Snack Bars**

### **Enjoy Life**

- Soft Baked Chewy Chocolate Chip Cookies

### **EnviroKidz**

- Cheetah Organic Crispy Rice Bars, Berry
- Organic Vanilla Animal Cookies

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

### **EnviroKidz**

- 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

## **Crackers**

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

- Crackers, Black Pepper
- Crackers, Herb
- Crackers, Onion
- Crackers, Original

## **Dairy**

### **Earth Balance**

- 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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese

### **So Delicious**

- Blueberry Agave Sweetened Soy Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Passionate Mango Cultured Coconut Milk Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Agave Sweetened Soy Yogurt

## Dairy Alternatives (Cont'd)

### So Delicious

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

### WestSoy

- Longevity Soy Beverage, Plain 32 oz
- Longevity Soy Beverage, Vanilla 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 Genoa Salami
- Sliced Honey Maple Turkey
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pepperoni

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chai with Almonds
- Lush Lemon
- Original with Almond
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix

## Entrees and Mixes (Cont'd)

### Namaste

- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix

## Ethnic Foods

### Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

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

### World Foods

- Thai Green Curry Paste
- Thai Red Curry Paste

## 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 Vegetable Enchilada
- 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 Shepherd's Pie
- Organic Shepherd's Pie, Light in Sodium
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

## Frozen Foods (Cont'd)

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free

### Nature's Path

Organic Buckwheat Wildberry Waffles

Organic Homestyle Waffles

Organic Mesa Sunrise Waffles

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

Creamy Vanilla Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Non-Dairy Frozen Coconut Milk 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

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Mint Chocolate Chip Non-Dairy Frozen Dessert

Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

Peanut Butter Zig Zag 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

### Starfish

Crispy Battered Gluten Free Cod

### Van's

Wheat Free Blueberry Waffles

Wheat Free Flax Waffles

Wheat Free Homestyle Waffles

## Jams and Nut Butters

### Earth Balance

Creamy Natural Peanut Butter

Crunchy 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

Chicken Apple Breakfast Sausage

Organic Beef Hot Dogs

Organic Chicken Hot Dogs

Organic Hot Dogs

## 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, Shells 8 oz

Quinoa Supergrain Pasta, Spaghetti 8 oz

Quinoa Supergrain Pasta, Veggie Curls 8 oz

### DeBoles Foods

Multi-Grain Penne

Multi-Grain Spaghetti

Rice Angel Hair Pasta

Rice Lasagna

### Lundberg Farms

Organic Brown Rice Penne Pasta

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Mild Salsa

### Organicville

- Organic Medium Salsa
- Organic Mild Salsa

## Seafood

### Starfish

- Crispy Battered Gluten Free Cod

## 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
- 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 Medium Chili, Light in Sodium
- 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
- Corn & Lemongrass Soup 16 oz
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz

## Soups (Cont'd)

### Imagine Foods

- Organic Acorn Squash & Mango Soup 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

### World Foods

- Thai Green Curry Paste
- Thai Red Curry Paste