

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Highlands Ranch 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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### Baked Goods

#### Crave

Apple Frangipane Tart  
Mama Z's Chocolate Cake, 6"

#### WFM Gluten Free Bakehouse

Carrot Cake  
Honey Oat Bread  
Molasses Ginger Cookies

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Gluten Free All Purpose Baking Mix  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Soy Flour  
White Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Arrowroot Starch Flour  
Brown Rice Flour  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Biscuit & Baking Mix  
Gluten Free Homemade Wonderful Bread Mix  
Gluten Free Pancake Mix  
Gluten Free Pizza Crust Mix

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Sweet White Sorghum Flour
- Hemp Protein Powder
- Organic Golden Flaxseed Meal
- Potato Flour
- Potato Starch
- Xanthan Gum

### Cherrybrook Kitchen Gluten Free Dreams

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

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Muffins & Scone Mix

### Hain

- Baking Powder

### Namaste

- Brownie Mix
- Muffin Mix
- Waffle & Pancake Mix

### Orgran

- Egg Replacer

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- African Orange Mango Tea, 20 Ct
- Authentic Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Chai India Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion

## Beverages (Cont'd)

### Celestial Seasonings

- Decaf Green Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Honey Chamomile Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Green Tea Sampler, 20 Ct
- Herbal Tea Sampler, 20 Ct
- Honey Lemon Ginseng 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
- Nutcracker Sweet Herbal Tea
- 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
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- Tropical Strawberry, 20 Ct
- True Blueberry, 20 Ct
- Wild Berry Tea, 20 Ct

### So Delicious

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

## Bread

### French Meadow Bakery

- Gluten Free Tortillas, 7"

### WFM Gluten Free Bakehouse

- Honey Oat Bread

## Candy and Chocolate

### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## Candy and Chocolate (Cont'd)

### Enjoy Life

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

## Canned Goods

### Amy's

- Organic Refried Beans with Green Chiles
- Organic Traditional Refried Beans
- Organic Vegetarian Baked Beans

### Organ

- Canned Spaghetti in Tomato Sauce

## 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
- Sweetened Organic Rice Flakes

### Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- Organic Brown Rice Farina Creamy Rice Hot Cereal

### EnviroKidz

- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal

### Lundberg Farms

- Organic Pure Creamy Rice Cereal

### Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- 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
- 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

### Glutino

- Pretzels, Sticks
- Pretzels, Twists
- Pretzels, Unsalted

### Lundberg Farms

- Apple Cinnamon Rice Cakes
- Brown Rice Cakes
- Buttery Caramel Rice Cakes
- Organic Brown Rice Cakes
- Organic Mochi Sweet Rice Cakes
- Organic Popcorn Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Sesame Tamari Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Wild Rice Cakes
- Sante Fe BBQ Rice Chips
- Unsalted Brown Rice Cakes

### Mary's Gone Crackers

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

### Mr. Krispers

- 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, Non Dairy Ranch  
Organic Ketchup  
Organic Original BBQ Sauce

### Spectrum

Canola Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise, Squeeze Bottle  
Organic Olive Oil Mayonnaise  
Organic Soy Mayonnaise 16 oz

## Cookies and Snack Bars

### Arico

Almond Cranberry Cookies  
Lemon Ginger Cookies  
Peanut Butter Cookies

### Enjoy Life

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Chocolate Chip Cookie Pack  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Happy Apple Cookies  
Soft Baked Lively Lemon Cookies  
Soft Baked Snickerdoodle Cookie Pack  
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  
Organic Vanilla Animal Cookies  
Panda Organic Crispy Rice Bars, Peanut Butter

## Cookies and Snack Bars (Cont'd)

### Glutino

Breakfast Bars, Blueberry

### Jennie's

Coconut Macaroons

### Organ

Mini Outback Animals - Chocolate Cookies  
Outback Animals - Chocolate Cookies

### Pamela's Products

Ginger Cookies with Sliced Almonds  
Old Fashioned Raisin Walnut Cookies  
Simplebites Extreme Chocolate Mini Cookies  
Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

Molasses Ginger 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  
Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
French Vanilla Coconut Milk Creamer

## Dairy Alternatives (Cont'd)

### So Delicious

- 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 Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- 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

- Plus Soy Beverage, Plain 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 Ham
- Sliced Honey Maple Turkey
- 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 Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Turkey Bologna

## Desserts

### Crave

- Apple Frangipane Tart
- Mama Z's Chocolate Cake, 6"

### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chai with Almonds
- Cherry Chocolate
- Chocolate Crisp
- Lushus Lemon
- Original with Peanut
- Tasty Tropical

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix

### Cherrybrook Kitchen Gluten Free Dreams

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

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

### Namaste

- Brownie Mix
- Muffin Mix
- Waffle & Pancake Mix

### Orgran

- Falafel Mix
- Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce

## Ethnic Foods

### Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada

## Ethnic Foods (Cont'd)

### Amy's

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

### French Meadow Bakery

- Gluten Free Tortillas, 7"

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### Orgran

- Falafel Mix

## Frozen Foods

### Amy's

- Kids Baked Ziti Meal
- Organic Asian Noodle Stir-Fry
- Organic Bistro Veggie Burger
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- 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 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

## Frozen Foods (Cont'd)

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

### Gluten Free Cafe

- Asian Noodles

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Kids Meal, Mac n Meat Sauce
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

### It's Soy Delicious

- Almond Pecan Non-Dairy Frozen Dessert
- Chocolate Almond Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

### Nature's Path

- Organic Homestyle Waffles
- Organic Mesa Sunrise Waffles

### Organic So Delicious

- Non-Dairy Creamy Vanilla Bar

### Purely Decadent

- Blueberry Cheesecake Non-Dairy Frozen Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### So Delicious

Creamy Raspberry Bar  
Kidz Assorted Fruit Pops  
Strawberry Agave Sweetened Fruit Bar

### 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 Flax Waffles  
Wheat Free Homestyle Pancakes  
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

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed California White Arborio Rice  
Eco-Farmed California White Basmati 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

## Jams and Nut Butters

### Arrowhead Mills

Organic Creamy Peanut Butter, 26 oz

### 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 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 Hot Dogs  
Organic Hot Dogs  
Organic Sliced Sunday Bacon  
Organic Turkey Hot Dogs  
Sliced Organic Turkey Bacon  
Turkey Hot Dogs

## Nutritional Supplements

### Bob's Red Mill

Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

Hemp Protein Powder

### Enjoy Life

Not Nuts! Beach Bash Trail Mix  
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  
Quinoa Supergrain Pasta, Veggie Curls 8 oz

### Bionaturae

Organic Gluten Free Penne Rigate

## Pasta (Cont'd)

### DeBoles Foods

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

### Lundberg Farms

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

### Namaste

- Say Cheez Pasta

### Orgran

- Buckwheat Spirals
- Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce
- Rice & Corn Penne
- Rice & Corn Spaghetti

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce
- 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

### Organicville

- Organic Island Teriyaki
- Organic Mild 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 Curried Lentil Soup
- Organic Lentil Soup
- Organic Lentil Soup, Light in Sodium
- 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 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
- 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

## **Sweeteners**

### **Lundberg Farms**

Organic Brown Rice Syrup