

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Indian School Plaza 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

Crave

Apple Frangipane Tart
Lemon Tart, 4"

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Buckwheat Flour
Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix

Baking Needs (Cont'd)

Arrowhead Mills

Gluten Free Chocolate Chip Cookie Mix
Gluten Free Pancake & Baking Mix
Long Grain Brown Rice Flour
Millet Flour
Soy Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Arrowroot Starch Flour
Cornstarch
Flaxseed Meal
Gluten Free All Purpose Baking Flour
Gluten Free Brownie Mix
Gluten Free Chocolate Cake Mix
Gluten Free Chocolate Chip Cookie Mix
Gluten Free Pancake Mix
Gluten Free Pizza Crust Mix

Baking Needs (Cont'd)

Bob's Red Mill

- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Potato Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Vanilla Frosting

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- Decadent Chocolate Cake Mix

Hain

- Baking Powder

Namaste

- Brownie Mix
- Perfect Flour Blend
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Waffle & Pancake Mix

Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Confetti Frosting Mix
- Cornbread & Muffin Mix
- Gluten-Free Bread Mix

Beverages

365 Every Day Value™

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

Celestial Seasonings

- 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
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mandarin Orchard 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
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 Ct

So Delicious

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

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- 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 Refried Black Beans
- 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
- Sweetened Organic Rice Flakes

Bob's Red Mill

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

Enjoy Life

- Cinnamon Crunch Granola
- Cranapple Crunch Granola
- Very Berry 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
- 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

Chips, Pretzels and Snacks

Arico

- Cassava Chips, Barbecue Bliss
- Cassava Chips, Ginger on Fire
- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

Food Should Taste Good

- Buffalo Tortilla Chips 6 oz
- Lime Tortilla Chips 5.5 oz
- The Works! Tortilla Chips 6 oz

Food Should Taste Good

- Multigrain Tortilla Chips 6 oz

Lundberg Farms

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

Mr. Krispers

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

Condiments

Follow Your Heart

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

Organicville

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

Condiments (Cont'd)

Organicville

- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

Spectrum

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 32 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Garlic Ranch Omega-3 Dressing
- Organic Golden Balsamic Omega-3 Dressing
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle
- Organic Wasabi Mayonnaise 12 oz

Cookies and Snack Bars

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 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
- Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
- Organic Vanilla Animal Cookies
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

Cookies and Snack Bars (Cont'd)

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry
- Breakfast Bars, Cranberry

Jennie's

- Coconut Macarons

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, 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 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
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer

Dairy Alternatives (Cont'd)

So Delicious

- Plain Agave Sweetened Soy 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 Cultured Coconut Milk Yogurt

WestSoy

- 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 Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey

Desserts

Crave

- Apple Frangipane Tart
- Lemon Tart, 4"

French Meadow Bakery

- Gluten Free Fudge Brownie

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chocolate Crisp
- Original with Almond
- Original with Mixed Nuts
- Original with Peanut

Entrees and Mixes

Arrowhead Mills

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

Bob's Red Mill

- Gluten Free Chocolate Cake Mix
- Gluten Free Chocolate Chip Cookie Mix
- TVP (Textured Vegetable Protein)

Namaste

- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Waffle & Pancake Mix

Orgran

- Buckwheat Pancake Mix
- Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce

Pamela's Products

- Confetti 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 Teriyaki Bowl
- Organic Thai Stir-Fry

Food Merchants

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

Ethnic Foods (Cont'd)

Food Merchants

Organic Polenta, Traditional

Organicville

Organic Sesame Teriyaki

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 Cream of Rice Hot Cereal Bowl
Organic Indian Mattar Tofu
Organic Indian Vegetable Korma
Organic Mexican Tamale Pie
Organic Rice Crust Spinach Pizza
Organic Shepherd's Pie
Organic Shepherd's Pie, Light in Sodium
Organic Teriyaki Bowl
Organic Thai Stir-Fry
Organic Tofu Scramble

French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough
Gluten Free Fudge Brownie

Gluten Free Cafe

Asian Noodles

Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Soy Cheesy French Bread Pizza, Wheat Free
Gluten Free

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert
Chocolate Peanut Butter Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

It's Soy Delicious

Raspberry Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Non-Dairy Creamy Vanilla Bar
Strawberry Non-Dairy Frozen Dessert

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
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Dulce De Leche Non-Dairy Frozen 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
Pomegranate Chip Non-Dairy Frozen Dessert
Praline Pecan Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

So Delicious

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

Van's

Wheat Free Blueberry Waffles
Wheat Free Flax Waffles

Grains and Rice

Ancient Harvest

Traditional Organic Quinoa 12 oz

Lundberg Farms

Eco-Farmed California Brown Basmati Rice
Eco-Farmed California White Basmati Rice
Eco-Farmed Wild Blend Gourmet Blend Rice
Organic California Brown Basmati Rice
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
Crunchy Peanut Butter, 26 oz
Organic Creamy Peanut Butter, 16 oz
Organic Crunchy Peanut Butter, 16 oz

Earth Balance

Creamy Natural Almond Butter
Creamy Natural Peanut Butter
Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

WestSoy

Soft Tofu, Water-Pack 14 oz

Meat and Poultry

Applegate Farms

Beef Hot Dogs
Chicken Apple Breakfast Sausage
Chicken Hot Dogs
Organic Hot Dogs
Organic Sliced Sunday 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

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Elbows 8 oz
Quinoa Supergrain Pasta, Garden Pagodas 8 oz
Quinoa Supergrain Pasta, Rotelle 8 oz
Quinoa Supergrain Pasta, Shells 8 oz
Quinoa Supergrain Pasta, Spaghetti 8 oz

Bionaturae

Organic Gluten Free Linguine
Organic Gluten Free Penne Rigate

DeBoles Foods

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

Lundberg Farms

Organic Brown Rice Spaghetti Pasta

Namaste

Say Cheez Pasta
Taco Pasta

Orgran

Buckwheat Spirals
Gourmet Garlic & Parsley Pasta
Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce
Rice & Corn Macaroni
Rice & Corn Penne
Rice & Millet Spirals
Vegetable Rice Spirals

Pasta Sauce

Amy's

Organic Family Marinara Pasta Sauce

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 Medium Salsa
Organic Mild Salsa

Organicville

Organic Sesame Teriyaki

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 Medium Chili, Light in Sodium
Organic Southwestern Black Bean Chili
Organic Spicy Chili
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 32 oz
Chicken Broth 16 oz
Free Range Chicken Broth 32 oz
Organic Acorn Squash & Mango Soup 32 oz
Organic Chicken Broth, Low Sodium 32 oz
Organic Portabello Mushroom Soup 32 oz

Soups (Cont'd)

Imagine Foods

Organic Tomato Soup 32 oz
Organic Tomato Soup, Low Sodium 32 oz
Potato Leek Soup 32 oz
Vegetable Broth 16 oz
Vegetable Broth 32 oz

Spices and Seasonings

Bob's Red Mill

Cornstarch

Sweeteners

Lundberg Farms

Organic Brown Rice Syrup