

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## New Center Point 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

Mama Z's Chocolate Cake, 6"

#### WFM Gluten Free Bakehouse

Carrot Cake

Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

### Baking Needs (Cont'd)

#### Arrowhead Mills

Buckwheat Flour

Gluten Free All Purpose Baking Mix

Long Grain Brown Rice Flour

Millet Flour

Soy Flour

White Rice Flour

#### Bob's Red Mill

Almond Flour

Arrowroot Starch Flour

Baking Powder

Brown Rice Flour

Cornstarch

Flaxseed Meal

Garbanzo Bean Flour

Gluten Free All Purpose Baking Flour

Gluten Free Chocolate Cake Mix

Gluten Free Chocolate Chip Cookie Mix

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Cornbread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Quinoa Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting

### Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix
- Sugar Cookie Mix

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Beth's All Purpose Flour Mix
- Chocolate Truffle Brownie Mix
- Muffins & Scone Mix
- Perfect Pie Crust Mix

### Hain

- Baking Powder

### Namaste

- Biscuits, Piecrust & More
- Bread Mix
- Muffin Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Toffee Vanilla Frosting Mix

## Baking Needs (Cont'd)

### Pamela's Products

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

## Beverages

### 365 Every Day Value™

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

### 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, 40 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Blueberry Breeze Green Tea, 20 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chai India Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Cool Brew Blueberry Iced Green Tea, 40 Ct
- Cool Brew Raspberry Iced Tea, 40 Ct
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mandarin Orchard Green Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Herbal Tea Sampler, 20 Ct
- Honey Lemon Ginseng Green Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct

## **Beverages (Cont'd)**

### **Celestial Seasonings**

Peppermint Tea, 20 Ct  
Perfectly Pear White Tea, 20 Ct  
Perfectly Plum White Tea, 20 Ct  
Raspberry Garden Green Tea, 20 Ct  
Raspberry Zinger Tea, 20 Ct  
Red Zinger Tea, 20 Ct  
Safari Spice Red Tea, 20 Ct  
Sleepytime Tea, 20 Ct  
Sleepytime Tea, 40 Ct  
Tangerine Orange Zinger Tea, 20 Ct  
Tension Tamer Tea, 20 Ct  
Tropical Strawberry, 20 Ct  
True Blueberry, 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"

### **Glutino**

Premium Cinnamon & Raisin Bread  
Premium Corn Bread

## **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

### **Organ**

Molasses Licorice

## **Canned Goods**

### **Amy's**

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**

### **Amy's**

Organic Cream of Rice Hot Cereal Bowl

### **Ancient Harvest**

Organic Quinoa Flakes 12 oz

### **Arrowhead Mills**

Maple Buckwheat Organic Flakes  
Organic Yellow Corn Grits  
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  
Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal  
Peanut Butter Panda Puffs Organic Cereal

### **Nature's Path**

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

## **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  
Potato & Chive Tortilla Chips 5.5 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 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  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Koku Seaweed Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips

### **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, Grapeseed Oil  
Vegenaise, Original

### **Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Ketchup

### **Spectrum**

Canola Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise, Squeeze Bottle

## **Condiments (Cont'd)**

### **Spectrum**

Organic Garlic Ranch Omega-3 Dressing  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Roasted Garlic 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 Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Lively Lemon Cookies  
Soft Baked No-Oats "Oatmeal" Cookie  
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  
Penguin Organic Crispy Rice Bars, Fruity Burst

### **Glutino**

Breakfast Bars, Apple

### **Jennie's**

Almond Macaroons  
Coconut Macaroons

### **Pamela's Products**

Simplebites Extreme Chocolate Mini Cookies  
Simplebites Ginger Mini Snapz

## **Crackers**

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

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Onion

## Crackers (Cont'd)

### Mary's Gone Crackers

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 Cultured Coconut Milk Yogurt

Chocolate Cultured Coconut Milk Yogurt

Original (Plain) Coconut Milk Beverage

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 Coconut Milk Beverage

Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Plus Soy Beverage, Vanilla 32 oz

Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

Sliced Authentic Prosciutto

Sliced Black Forest Ham

Sliced Genoa Salami

Sliced Honey Ham

Sliced Honey Maple Turkey

Sliced Organic Roast Beef

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

### Applegate Farms

Sliced Oven Roasted Sliced Turkey

Sliced Pepperoni

Sliced Slow Cooked Ham

Sliced Smoked Turkey

Sliced Turkey Bologna

## Desserts

### Crave

Mama Z's Chocolate Cake, 6"

### French Meadow Bakery

Gluten Free Fudge Brownie

### WFM Gluten Free Bakehouse

Carrot Cake

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

Dark Chocolate Bars - individual bars

### Bumble Bar

Awesome Apricot

Cherry Chocolate

Chocolate Crisp

Original with Almond

Original with Peanut

Tasty Tropical

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking Mix

Gluten Free Pizza Crust Mix

### Bob's Red Mill

Gluten Free Chocolate Cake Mix

Gluten Free Chocolate Chip Cookie Mix

### Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

Sugar Cookie Mix

## Entrees and Mixes (Cont'd)

### Namaste

- Bread Mix
- Muffin Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix

### Orgran

- Apple & Cinnamon Pancake Mix

## Ethnic Foods

### Amy's

- 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

### Food Merchants

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

### French Meadow Bakery

- Gluten Free Tortillas, 7"

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## Frozen Foods

### Amy's

- Organic Baked Ziti Bowl
- Organic Black Bean Enchilada Whole Meal
- 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

## Frozen Foods (Cont'd)

### Amy's

- 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, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Tofu Scramble

### French Meadow Bakery

- Gluten Free Fudge Brownie

### Gluten Free Cafe

- Asian Noodles

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Kids Meal, Mac No Cheese
- Kids Meal, Mac n Meat Sauce
- Popcorn Turkey Corn Dogs
- 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

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Mesa Sunrise Waffles

### Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Mocha Almond Fudge Non-Dairy Frozen Dessert
- Praline Pecan Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### So Delicious

Orange Passion Fruit Agave Sweetened Fruit Bar  
Raspberry Agave Sweetened Fruit Bar

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Halibut

## Grains and Rice

### Ancient Harvest

Traditional Organic Quinoa 12 oz

### Bob's Red Mill

Organic Quinoa Grain

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed Countrywild Gourmet Blend Rice  
Eco-Farmed Long Grain Brown Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California White Basmati Rice  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice  
Organic White Long Grain 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

### Maranatha

Roasted Sesame Tahini

## Meat and Poultry

### Applegate Farms

Beef Hot Dogs  
Chicken Apple Breakfast Sausage

## Meat and Poultry (Cont'd)

### Applegate Farms

Chicken Hot Dogs  
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, Rotelle 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 Elbows Pasta  
Organic Gluten Free Spaghetti

### DeBoles Foods

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

### Lundberg Farms

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

### Namaste

Pasta Pisavera  
Taco Pasta

### Orgran

Rice & Corn Macaroni  
Rice & Corn Tortellini

## Pasta Sauce

### Amy's

Organic Family Marinara Pasta Sauce  
Organic Tomato Basil 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 Medium Salsa
- Organic Mild Salsa

### Organicville

- Organic Island Teriyaki
- Organic Mild Salsa
- Organic Sesame Teriyaki

## Seafood

### Starfish

- Crispy Battered Gluten Free Cod
- 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 Medium Chili
- Organic Medium Chili with Vegetables
- Organic Southwestern Black Bean 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 32 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 Corn Soup, Low Sodium 32 oz

## Soups (Cont'd)

### Imagine Foods

- Organic Tomato Soup 32 oz
- Potato Leek Soup 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 32 oz

## Spices and Seasonings

### Bob's Red Mill

- Cornstarch

## Sweeteners

### Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup