

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Overland Park 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
Chocolate Cupcakes, 4-Pack
Lemon Tart, 4"
Vanilla Cupcakes

WFM Gluten Free Bakehouse

Carrot Cake

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Buckwheat Flour
Gluten Free All Purpose Baking Mix
Gluten Free Vanilla Cake Mix
Long Grain Brown Rice Flour
Soy Flour
White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Arrowroot Starch Flour
Baking Soda
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Biscuit & Baking Mix
Gluten Free Chocolate Cake Mix

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cornbread Mix
- Gluten Free Hearty Whole Grain Bread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- Hazelnut Meal/Flour
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Golden Flaxseed Meal
- Organic Quinoa Flour
- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Vanilla Frosting

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Sugar Cookie Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- French Bread & Pizza Mix
- Old Fashioned Cake & Cookie Mix
- Perfect Pie Crust Mix

Hain

- Baking Powder

Namaste

- Brownie Mix
- Chocolate Fudge Frosting Mix
- Muffin Mix
- Spice Cake Mix

Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix

Baking Needs (Cont'd)

Pamela's Products

- Cornbread & Muffin Mix
- Vanilla Frosting Mix

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Blueberry Breeze Green Tea, 20 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Country Peach Passion
- Decaf Mint Green Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Herbal Tea Sampler, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Raspberry Garden Green Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sugar Plum Spice, 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 Corn Bread
- Premium Fiber Bread
- Premium Flax Seed 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

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

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal
- 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
- Organic Creamy Buckwheat Hot Cereal

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 Crispy Rice Cereal
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Honey'd Cornflakes

Cereal (Cont'd)

Nature's Path

- 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, Ginger on Fire
- Cassava Chips, Sea Salt Mist

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

Lundberg Farms

- Apple Cinnamon Rice Cakes
- Brown Rice Cakes
- Buttery Caramel Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Koku Seaweed Rice Cakes
- Organic Mochi Sweet Rice Cakes
- Organic Popcorn Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes
- Pico de Gallo Rice Chips

Chips, Pretzels and Snacks (Cont'd)

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

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic
Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce

Spectrum

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

Cookies and Snack Bars

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini 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 Gingerbread Spice Cookie

Cookies and Snack Bars (Cont'd)

Enjoy Life

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
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

Glutino

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

Jennie's

Coconut Macaroons

Pamela's Products

Ginger Cookies with Sliced Almonds
Simplebites Extreme Chocolate Mini Cookies
Simplebites Ginger Mini Snapz

Crackers

Mary's Gone Crackers

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

Dairy (Cont'd)

Earth Balance

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

Original (Plain) Coconut Milk Kefir

Pina Colada 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 Agave Sweetened Soy Yogurt

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

WestSoy

Plus Soy Beverage, Vanilla 64 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

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

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

Chocolate Cupcakes, 4-Pack

Lemon Tart, 4"

Vanilla Cupcakes

French Meadow Bakery

Gluten Free Fudge Brownie

WFM Gluten Free Bakehouse

Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

Chai with Almonds

Original with Almond

Original with Peanut

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Bob's Red Mill

Gluten Free Chocolate Cake Mix

Gluten Free Chocolate Chip Cookie Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Fudge Brownie Mix

Sugar Cookie Mix

Lundberg Farms

Organic Florentine Risotto

Organic Tuscan Risotto

Entrees and Mixes (Cont'd)

Namaste

- Brownie Mix
- Muffin Mix
- Spice Cake Mix

Orgran

- Apple & Cinnamon Pancake Mix
- Vegetarian Gravy Mix

Pamela's Products

- Vanilla Frosting Mix

Ethnic Foods

Amy's

- Organic Asian Noodle Stir-Fry
- 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, Sundried Tomato & Garlic
- Organic Polenta, Traditional

Organicville

- Organic Island Teriyaki

World Foods

- Thai Green Curry Paste

Frozen Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Baked Ziti Bowl
- 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

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
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough
- Gluten Free Fudge Brownie

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
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

It's Soy Delicious

- Almond Pecan Non-Dairy Frozen Dessert
- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert
- Raspberry Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

Organic So Delicious

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

Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Praline Pecan Non-Dairy Frozen Dessert
Purely Vanilla 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
Creamy Orange Bar
Creamy Raspberry Bar
Kidz Assorted Fruit Pops

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

Jams and Nut Butters

Arrowhead Mills

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

Earth Balance

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

Maranatha

Raw Sesame Tahini
Roasted Sesame Tahini

Meat Alternatives

WestSoy

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 Turkey Bacon
Turkey Hot Dogs

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Hulled Hemp Seeds

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

Pasta (Cont'd)

Bionaturae

Organic Gluten Free Penne Rigate

DeBoles Foods

Multi-Grain Penne
Multi-Grain Spaghetti
Rice Fettuccine
Rice Lasagna
Rice Spaghetti

Lundberg Farms

Organic Brown Rice Spaghetti Pasta

Namaste

Pasta Pisavera

Organ

Rice & Corn Lasagne Mini Sheets
Rice & Corn Macaroni
Rice & Corn Penne
Rice & Corn Spaghetti
Rice & Corn Tortellini
Rice & Corn Vegetable Pasta - Animal Shapes

Pasta Sauce

Amy's

Organic Family Marinara Pasta Sauce
Organic Low Sodium Marinara 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
Organic Spicy Chipotle Salsa

Sauces, Salsas and Dips (Cont'd)

Organicville

Organic Island Teriyaki
Organic Medium Salsa

Organ

Vegetarian Gravy Mix

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
Organic Medium Chili, Light in Sodium
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 32 oz
Butternut Squash Soup 16 oz
Butternut Squash Soup 32 oz
Corn & Lemongrass 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

Spices and Seasonings

World Foods

- Thai Green Curry Paste

Sweeteners

Lundberg Farms

- Organic Brown Rice Syrup