

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sugarhouse 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).

..  
..  
--  
--

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free All Purpose Baking Mix  
Gluten Free Pancake & Baking Mix  
Soy Flour  
White Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Flaxseed Meal  
Gluten Free All Purpose Baking Flour

### Baking Needs (Cont'd)

#### Bob's Red Mill

Gluten Free Chocolate Cake 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  
Golden Flaxseeds  
Potato Starch  
Tapioca Flour  
Teff Flour  
Xanthan Gum

#### Cherrybrook Kitchen

Chocolate Frosting Mix  
Vanilla Frosting

#### Cherrybrook Kitchen Gluten Free Dreams

Fudge Brownie Mix

## Baking Needs (Cont'd)

### Earth Balance

Shortening

### Enjoy Life

Semi-Sweet Chocolate Chips

### Gluten Free Pantry

Chocolate Chip Cookie & Cake Mix

French Bread & Pizza Mix

Perfect Pie Crust Mix

### Hain

Baking Powder

### Namaste

Brownie Mix

Chocolate Cake Mix

Waffle & Pancake Mix

### Pamela's Products

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

Orange Creme Soda

Root Beer Soda

### 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

Chai Honey Vanilla White Tea, 20 Ct

Chamomile Tea, 20 Ct

China Pearl White Tea, 20 Ct

Cinnamon Apple Spice Tea, 20 Ct

Country Peach Passion

Decaf Green Tea, 20 Ct

Decaf Mandarin Orchard Green Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

Decaf Mint Green Tea, 20 Ct

Echinacea Complete Care Tea, 20 Ct

Fruit 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

Moroccan Pomegranate Red Tea, 20 Ct

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

Sleepytime Extra Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Tea, 40 Ct

Sleepytime Throat Tamer Tea, 20 Ct

Tangerine Orange Zinger Tea, 20 Ct

Tension Tamer 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

## 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

## Canned Goods

### Amy's

Organic Refried Black Beans, Low in Sodium

Organic Traditional Refried Beans

Organic Vegetarian Baked Beans

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Sweetened Organic Rice Flakes

### 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

### Food Should Taste Good

Buffalo Tortilla Chips 6 oz

Cinnamon Tortilla Chips 5.5 oz

Lime Tortilla Chips 5.5 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

Brown Rice Cakes

Organic Sea Salt Rice Chips

Organic Tamari Seaweed Rice Cakes

Organic Wild Rice Cakes

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

### Lundberg Farms

Pico de Gallo Rice Chips

Unsalted Brown Rice Cakes

### Mary's Gone Crackers

Sticks & Twigs, Curry

### Mr. Krispers

Baked Rice Krisps, Sea Salt & Pepper

## Condiments

### Follow Your Heart

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

Vegenaise, Original

### Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

### Spectrum

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 Olive Oil Mayonnaise

Organic Omega-3 Mayonnaise with Flax 16 oz

Organic Pomegranate Chipotle Omega-3 Dressing

Organic Soy Mayonnaise 16 oz

Organic Soy Mayonnaise, Squeeze Bottle

Organic Wasabi Mayonnaise 12 oz

## Cookies and Snack Bars

### Arico

Lemon Ginger Cookies

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini Cookies

Vanilla Graham Mini Cookies

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

### **Enjoy Life**

Caramel Apple Snack Bars  
Soft Baked Chocolate Chip Cookie Pack  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Lively Lemon Cookies  
Soft Baked No-Oats "Oatmeal" Cookie  
Soft Baked Snickerdoodle Cookies  
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

### **Glutino**

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

### **Jennie's**

Coconut Macaroons

### **Pamela's Products**

Ginger Cookies with Sliced Almonds  
Peanut Butter Cookies  
Simplebites Ginger Mini Snapz

## **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 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 Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

### **WestSoy**

Longevity Soy Beverage, Plain 32 oz  
Organic Soy Beverage, Unsweetened Original 64 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 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

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

### **Applegate Farms**

- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Turkey Bologna

## **Desserts**

### **French Meadow Bakery**

- Gluten Free Fudge Brownie

## **Energy and Nutrition Bars/Drinks**

### **Bumble Bar**

- Chocolate Crisp
- Lushus Lemon
- 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

### **Cherrybrook Kitchen**

- Chocolate Frosting Mix

### **Cherrybrook Kitchen Gluten Free Dreams**

- Fudge Brownie Mix

### **Namaste**

- Brownie Mix
- Chocolate Cake Mix
- Waffle & Pancake Mix

## **Ethnic Foods**

### **Amy's**

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie

## **Ethnic Foods (Cont'd)**

### **Amy's**

- 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 Sesame Teriyaki

### **World Foods**

- Thai Green Curry Paste
- Thai Red Curry Paste

## **Frozen Foods**

### **Amy's**

- Kids Baked Ziti Meal
- Organic Asian Noodle Stir-Fry
- Organic Bistro Veggie Burger
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal
- 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 Fudge Brownie

### **Ian's Natural Foods**

- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free

## Frozen Foods (Cont'd)

### It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert  
Chocolate Almond Non-Dairy Frozen Dessert  
Raspberry Non-Dairy Frozen Dessert

### 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  
Non-Dairy Creamy Fudge Bar  
Non-Dairy Creamy Vanilla Bar

### Purely Decadent

Chocolate 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  
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Purely Vanilla Non-Dairy Frozen Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk  
Strawberry Agave Sweetened Fruit Bar  
Vanilla Bar, Made with Coconut Milk

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Homestyle Waffles

## 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 California White Basmati Rice  
Eco-Farmed Wehani Gourmet 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

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

### Earth Balance

Creamy Natural Almond Butter  
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  
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 Chicken Hot Dogs  
Organic Hot Dogs  
Organic Sliced Sunday Bacon  
Organic Turkey Hot Dogs

## Meat and Poultry (Cont'd)

### Applegate Farms

- Sliced Organic Turkey Bacon
- Sliced Turkey Bacon
- Turkey Hot Dogs

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Golden Flaxseeds

### Enjoy Life

- Not Nuts! Beach Bash Trail Mix

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 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
- Organic Gluten Free Spaghetti

### DeBoles Foods

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

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta
- Organic Brown Rice Spaghetti 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 Medium Salsa
- Organic Mild Salsa

### Organicville

- Organic Mild Salsa
- 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 Lentil Vegetable Soup, Light in Sodium
- 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 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 Potato Soup, Low Sodium 32 oz
- Organic Tomato Soup 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz

## **Soups (Cont'd)**

### **Imagine Foods**

- 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

## **Sweeteners**

### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup