

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Superior 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  
Chocolate Cupcakes, 4-Pack  
Confetti Cupcakes, 4-Pack  
Vanilla Cupcakes

#### WFM Gluten Free Bakehouse

Molasses Ginger Cookies  
Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free All Purpose Baking Mix  
Gluten Free Brownie Mix  
Gluten Free Pancake & Baking Mix  
Gluten Free Vanilla Cake Mix  
Long Grain Brown Rice Flour  
Millet 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 Cornbread Mix  
Gluten Free Pancake Mix

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- Organic Amaranth Flour
- Organic Brown Flaxseeds
- 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

- Chocolate Frosting Mix
- Vanilla Frosting

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- French Bread & Pizza Mix

### Namaste

- Bread Mix
- Brownie Mix
- Muffin Mix
- Waffle & Pancake Mix

### Orgran

- Pizza & Pastry Mix

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Confetti Frosting Mix
- Cornbread & Muffin Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- African Orange Mango Tea, 20 Ct
- Antioxidant Green Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Caffeine Free Celestial Tea, 40 Ct
- Candy Cane Lane Decaf 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
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mandarin Orchard Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Herbal Tea Sampler, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White 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
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Raspberry Garden Green Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tangerine Orange Zinger Tea, 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 Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

## 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
- Organic Vegetarian Baked Beans

### Organ

- Canned Spaghetti in Tomato Sauce

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

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

### Enjoy Life

- Very Berry Crunch Granola

### EnviroKidz

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

## Cereal (Cont'd)

### 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, Sesame Rings

### Lundberg Farms

- Apple Cinnamon Rice Cakes
- Brown Rice Cakes
- Buttery Caramel Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Popcorn Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Sesame Tamari Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes

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

### **Lundberg Farms**

Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips

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

Sticks & Twigs, Curry  
Sticks & Twigs, Sea Salt

### **Mr. Krispers**

Baked Rice Krisps, Barbecue

## **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**

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

## **Cookies and Snack Bars**

### **Arico**

Almond Cranberry Cookies  
Lemon Ginger Cookies

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

Chocolate Chip Mini Cookies

### **Enjoy Life**

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chocolate Chip Cookie Pack

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

### **Enjoy Life**

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  
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  
Peanut Butter Cookies  
Simplebites Extreme Chocolate Mini Cookies

### **WFM Gluten Free Bakehouse**

Molasses Ginger Cookies

## **Crackers**

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

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Original

## **Dairy**

### **Earth Balance**

Buttery Spread with Olive Oil  
Buttery Sticks

## Dairy (Cont'd)

### Earth Balance

- 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
- 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
- Passionate Mango Cultured Coconut Milk Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Agave Sweetened Soy Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

### WestSoy

- Longevity Soy Beverage, Vanilla 32 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 Hot Soppressata

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

### Applegate Farms

- 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 Soppressata
- Sliced Turkey Bologna

## Desserts

### Crave

- Apple Frangipane Tart
- Chocolate Cupcakes, 4-Pack
- Confetti Cupcakes, 4-Pack
- Vanilla Cupcakes

### French Meadow Bakery

- Gluten Free Fudge Brownie

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Original with Almond
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Pizza Crust Mix

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen

- Chocolate Frosting Mix

## Entrees and Mixes (Cont'd)

### Lundberg Farms

Organic Florentine Risotto  
Organic Tuscan Risotto

### Namaste

Bread Mix  
Brownie Mix  
Muffin Mix  
Waffle & Pancake Mix

### Organ

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

### 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 Roasted Vegetable Tamale Whole Meal  
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

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

### Organ

Falafel Mix

## Ethnic Foods (Cont'd)

### World Foods

Thai Green Curry Paste

## 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 Brown Rice, Black-Eyed Peas & Veggies Bowl  
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 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

Chicken Fingers, Allergen Free  
French Toast Sticks, Wheat Free Gluten Free  
Ian's Fish Sticks, Allergen Free  
Kids Meal, Mac No Cheese  
Popcorn Turkey Corn Dogs  
Soy Cheesy French Bread Pizza, Wheat Free  
Gluten Free

## Frozen Foods (Cont'd)

### It's Soy Delicious

Almond Pecan 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  
Mocha Fudge Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert  
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert  
Mint Chocolate Chip Non-Dairy Frozen 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  
Pomegranate Chip Non-Dairy Frozen Dessert  
Turtle Trails Non-Dairy Frozen Dessert

### So Delicious

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

### 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 French Toast Sticks Cinnamon

## Frozen Foods (Cont'd)

### Van's

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

### Bob's Red Mill

Organic Quinoa Grain

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed California White Arborio Rice  
Eco-Farmed California White Basmati Rice  
Eco-Farmed Countrywild Gourmet Blend Rice  
Eco-Farmed Jubilee Gourmet Blend 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 Short Grain Brown Rice

## Jams and Nut Butters

### Arrowhead Mills

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

### Earth Balance

Creamy Natural Peanut Butter  
Crunchy Natural Peanut Butter

## Meat Alternatives

### Bob's Red Mill

TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

- Beef Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Sweet Italian Sausage
- Organic Turkey Hot Dogs
- Sliced Organic Turkey Bacon
- Turkey Hot Dogs

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Organic Brown Flaxseeds

## 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

### Bionaturae

- Organic Gluten Free Penne Rigate

### 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

### Namaste

- Pasta Pisavera

## Pasta (Cont'd)

### Orgran

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

## Pasta Sauce

### Amy's

- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce
- Organic Tomato Basil Pasta Sauce, Light in Sodium

## 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

### Organicville

- Organic Island Teriyaki
- 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 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 with Vegetables
- Organic Medium Chili, Light in Sodium
- 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 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
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Acorn Squash & Mango Soup 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

## **Spices and Seasonings**

### **World Foods**

- Thai Green Curry Paste