

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tamarac 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

WFM Gluten Free Bakehouse

Carrot Cake

Honey Oat Bread

Molasses Ginger Cookies

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Gluten Free Brownie Mix

Long Grain Brown Rice Flour

Soy Flour

White Rice Flour

Bob's Red Mill

Almond Flour

Brown Rice Flour

Flaxseed Meal

Garbanzo Bean Flour

Gluten Free All Purpose Baking Flour

Gluten Free Chocolate Chip Cookie Mix

Gluten Free Pancake Mix

Gluten Free Pizza Crust Mix

Gluten Free Sweet White Sorghum Flour

Hazelnut Meal/Flour

Baking Needs (Cont'd)

Bob's Red Mill

- Organic Coconut Flour
- Potato Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- Xanthan Gum

Cherrybrook Kitchen

- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Muffins & Scone Mix
- Old Fashioned Cake & Cookie Mix

Namaste

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

Orgran

- Egg Replacer
- Gluten Replacer

Pamela's Products

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

Beverages

Celestial Seasonings

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

Beverages (Cont'd)

Celestial Seasonings

- Antioxidant Green Tea, 20 Ct
- Antioxidant Green Tea, 40 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
- Chai India Spice 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
- Cranberry Pomegranate Green Tea, 20 Ct
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Honey Chamomile Green Tea, 20 Ct
- Decaf Mandarin Orchard Green Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Green 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
- Madagascar Vanilla Red Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- Tropical Strawberry, 20 Ct
- True Blueberry, 20 Ct
- Wild Berry Tea, 20 Ct

Beverages (Cont'd)

So Delicious

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

Bread

Glutino

- Premium Cinnamon & Raisin Bread
- Premium Fiber Bread
- Premium Flax Seed Bread

WFM Gluten Free Bakehouse

- Honey Oat 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
- Organic Traditional Refried Beans, Light in Sodium
- Organic Vegetarian Baked Beans

Organ

- Canned Spaghetti in Tomato Sauce

Cereal

Amy's

- Organic Cream of Rice Hot Cereal Bowl

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Cereal (Cont'd)

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

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

Lundberg Farms

- Organic Pure Creamy Rice Cereal

Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- Organic Mesa Sunrise Cereal
- Organic Whole O's Cereal

Cheese

Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Cream Cheese
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Sour Cream

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

Chips, Pretzels and Snacks (Cont'd)

Food Should Taste Good

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

Pretzels, Sticks

Pretzels, Twists

Pretzels, Unsalted

Lundberg Farms

Apple Cinnamon Rice Cakes

Brown Rice Cakes

Honey Nut Rice Cakes

Organic Brown Rice Cakes

Organic Koku Seaweed 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

Pico de Gallo Rice Chips

Sante Fe BBQ Rice Chips

Mr. Krispers

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, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sundried Tomato & Garlic

Vinaigrette

Condiments (Cont'd)

Organicville

Organic Original BBQ Sauce

Spectrum

Canola Mayonnaise 16 oz

Light Canola Eggless Mayonnaise 16 oz

Light Canola Eggless Mayonnaise, Squeeze Bottle

Organic Olive Oil Mayonnaise

Organic Soy Mayonnaise, Squeeze Bottle

Organic Wasabi Mayonnaise 12 oz

Cookies and Snack Bars

Arico

Almond Cranberry Cookies

Peanut Butter Cookies

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini Cookies

Enjoy Life

Caramel Apple 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

Soft Baked Happy Apple Cookies

Soft Baked Lively Lemon Cookies

Soft Baked Snickerdoodle Cookie Pack

Soft Baked Snickerdoodle Cookies

Sunbutter Crunch Snack Bars

EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry

Koala Organic Crispy Rice Bars, Chocolate

Organic Vanilla Animal Cookies

Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

Breakfast Bars, Chocolate

Breakfast Bars, Cranberry

Cookies and Snack Bars (Cont'd)

Jennie's

Coconut Macaroons

Orgran

Blueberry Fruit-Filled Bars
Mini Outback Animals - Chocolate Cookies
Outback Animals - Chocolate Cookies
Outback Animals - Vanilla Cookies

Pamela's Products

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

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Caraway
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 Cream Cheese
Vegan Gourmet Monterey Jack
Vegan Gourmet Mozzarella Cheese
Vegan Gourmet Sour Cream

Dairy Alternatives (Cont'd)

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
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
Strawberry Banna Cultured Coconut Milk Yogurt
Strawberry Coconut Milk Kefir
Unsweetened Coconut Milk Beverage
Vanilla Agave Sweetened Soy Yogurt
Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

WestSoy

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
Salametti
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

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

- Apple Frangipane Tart

French Meadow Bakery

- Gluten Free Fudge Brownie

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- 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

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

Cherrybrook Kitchen

- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

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
- Falafel Mix

Pamela's Products

- Dark Chocolate 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

Orgran

- Falafel Mix

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
- Organic Brown Rice & Vegetables Bowl, Light in Sodium

Frozen Foods (Cont'd)

Amy's

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

Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free
- Kids Meal, Mac No Cheese
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert
- Vanilla 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
- Non-Dairy Creamy Fudge Bar
- Non-Dairy Creamy Vanilla Bar
- Strawberry Non-Dairy Frozen Dessert

Purely Decadent

- Chocolate Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Purely Decadent

- 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 Chocolate Chip Non-Dairy Frozen Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Praline Pecan Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Snickerdoodle 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
- Kidz Assorted Fruit Pops
- 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 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

Lundberg Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Arborio 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
- Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

- Organic Creamy Peanut Butter, 26 oz

Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

- TVP (Textured Vegetable Protein)

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 Beef Hot Dogs
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Sliced Sunday Bacon

Meat and Poultry (Cont'd)

Applegate Farms

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

Nuts, Seeds and Dried Fruits

Enjoy Life

- Not Nuts! Mountain Mambo Trail Mix

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

Bionaturae

- Organic Gluten Free Fusilli
- 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 Rotini Pasta
- Organic Brown Rice Spaghetti Pasta

Orgran

- Rice & Corn Penne
- Rice & Corn Tortellini
- Rice & Corn Vegetable Pasta - Animal Shapes

Pasta Sauce

Amy's

- Organic Family Marinara Pasta Sauce
- 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, 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 Medium Salsa

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 with Vegetables

Soups (Cont'd)

Amy's

- 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
- 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 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

Sweeteners

Lundberg Farms

- Brown Rice Syrup