

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Westminster 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

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

### Baking Needs (Cont'd)

#### Arrowhead Mills

Buckwheat Flour

Gluten Free All Purpose Baking Mix

Gluten Free Brownie Mix

Gluten Free Pancake & Baking Mix

#### Bob's Red Mill

Almond Flour

Arrowroot Starch Flour

Cornstarch

Flaxseed Meal

Gluten Free All Purpose Baking Flour

Gluten Free Biscuit & Baking Mix

Gluten Free Chocolate Chip Cookie Mix

Gluten Free Cornmeal

Gluten Free Pancake Mix

Gluten Free Pizza Crust Mix

Hazelnut Meal/Flour

Organic Coconut Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Quinoa Flour
- Potato Flour
- Potato Starch
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Chocolate Truffle Brownie Mix
- French Bread & Pizza Mix
- Muffins & Scone Mix
- Perfect Pie Crust Mix

### Namaste

- Brownie Mix
- Muffin Mix
- Pizza Crust Mix

### Pamela's Products

- Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Antioxidant Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Blueberry Breeze Green Tea, 20 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Cool Brew Blueberry Iced Green Tea, 40 Ct
- Cool Brew Peach Iced Tea, 40 Ct
- Cool Brew Raspberry Iced Tea, 40 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Mandarin Orchard Green Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Mint Magic Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tropical Acai Berry Green 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

## Bread

### Glutino

- Premium Fiber Bread

## Candy and Chocolate

### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

## Canned Goods

### Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans
- Organic Traditional Refried Beans

## Cereal

### Amy's

- Organic Cream of Rice Hot Cereal Bowl

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Maple Buckwheat Organic Flakes

## Cereal (Cont'd)

### 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

### EnviroKidz

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

## 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

### Arico

Cassava Chips, Original  
Cassava Chips, Sea Salt Mist

### Food Should Taste Good

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

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

### Glutino

Pretzels, Sesame Rings  
Pretzels, Unsalted

### Lundberg Farms

Brown Rice Cakes  
Buttery Caramel Rice Cakes  
Organic Brown Rice Cakes  
Organic Sea Salt Rice Chips  
Pico de Gallo Rice Chips  
Unsalted Brown Rice Cakes

### Mr. Krispers

Baked Rice Krisps, Barbecue

## Condiments

### Follow Your Heart

Vegenaise, Original

### Organicville

Organic Dressing, French  
Organic Original BBQ Sauce

### Spectrum

Light Canola Eggless Mayonnaise 32 oz  
Light Canola Eggless Mayonnaise, Squeeze Bottle  
Organic Olive Oil Mayonnaise  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## 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 Snickerdoodle Cookie Pack  
Sunbutter Crunch Snack Bars  
Very Berry Snack Bars

### EnviroKidz

Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle

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

### **EnviroKidz**

Organic Vanilla Animal Cookies  
Panda Organic Crispy Rice Bars, Peanut Butter

### **Glutino**

Breakfast Bars, Blueberry  
Breakfast Bars, Cranberry

### **Jennie's**

Coconut Macaroons

### **Organ**

Outback Animals - Vanilla Cookies

### **Pamela's Products**

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

## **Crackers**

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

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Onion

## **Dairy**

### **Earth Balance**

Buttery Spread with Olive Oil  
Buttery Sticks  
Organic Whipped Buttery Spread  
Original 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

### **So Delicious**

Blueberry Cultured Coconut Milk Yogurt  
Hazelnut Coconut Milk Creamer

## **Dairy Alternatives (Cont'd)**

### **So Delicious**

Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer  
Passionate Mango Cultured Coconut Milk Yogurt  
Pina Colada Cultured Coconut Milk Yogurt  
Strawberry Banna Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Cultured Coconut Milk Yogurt

### **WestSoy**

Soy Beverage, Unsweetened Chocolate 32 oz

## **Deli Style Meats and Cheeses**

### **Applegate Farms**

Sliced Authentic Prosciutto  
Sliced Organic Herb Turkey  
Sliced Organic Roast Beef  
Sliced Oven Roasted Sliced Turkey  
Sliced Pepperoni  
Sliced Smoked Turkey

## **Desserts**

### **Crave**

Mama Z's Chocolate Cake, 6"

### **WFM Gluten Free Bakehouse**

Carrot Cake

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

### **Bumble Bar**

Original with Mixed Nuts

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free All Purpose Baking Mix  
Gluten Free Brownie Mix

### **Bob's Red Mill**

Gluten Free Chocolate Chip Cookie Mix

## Entrees and Mixes (Cont'd)

### Lundberg Farms

Organic Florentine Risotto  
Organic Tuscan Risotto

### Namaste

Brownie Mix  
Muffin Mix  
Pizza Crust Mix

### Organ

Apple & Cinnamon Pancake 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 Roasted Vegetable Tamale Whole Meal  
Organic Teriyaki Bowl  
Organic Thai Stir-Fry

### Food Merchants

Organic Polenta, Traditional

### Organicville

Organic Island Teriyaki

## Frozen Foods

### Amy's

Kids Baked Ziti Meal  
Organic Asian Noodle Stir-Fry  
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 Cream of Rice Hot Cereal Bowl  
Organic Indian Mattar Tofu  
Organic Indian Vegetable Korma

## Frozen Foods (Cont'd)

### Amy's

Organic Roasted Vegetable Tamale Whole Meal  
Organic Teriyaki Bowl  
Organic Thai Stir-Fry  
Organic Tofu Scramble

### Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Popcorn Turkey Corn Dogs  
Soy Cheesy French Bread Pizza, Wheat Free Gluten Free  
Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

### Organic So Delicious

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

### Purely Decadent

Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Chocolate Obsession Non-Dairy Frozen Dessert  
Chocolate Peanut Butter Swirl 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  
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  
Kidz Assorted Fruit Pops  
Vanilla Bar, Made with Coconut Milk

### Starfish

Crispy Battered Gluten Free Haddock

## Frozen Foods (Cont'd)

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles
- 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 California White Basmati Rice
- Eco-Farmed California White Jasmine Rice
- Organic California Brown Basmati Rice
- Organic California White Basmati Rice
- 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, 16 oz

### Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat Alternatives

### WestSoy

- Extra Firm Tofu, Tidal Wave 14 oz
- Firm Tofu, Water-Pack 14 oz
- Firm Tofu, Water-Pack 16 oz

## Meat and Poultry

### Applegate Farms

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

## Meat and Poultry (Cont'd)

### Applegate Farms

- Sliced Organic Turkey Bacon
- Sliced Turkey Bacon

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

- Organic Gluten Free Fusilli
- Organic Gluten Free Spaghetti

### DeBoles Foods

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

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Spaghetti Pasta

### Namaste

- Pasta Pisavera
- Taco Pasta

## Pasta Sauce

### Amy's

- Organic Tomato Basil Pasta Sauce, Light in Sodium

## Prepared Foods

### Food Merchants

- Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Organicville

- Organic Island Teriyaki

## **Seafood**

### **Starfish**

Crispy Battered Gluten Free Haddock

## **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 Southwestern Black Bean Chili  
Organic Spicy Chili  
Organic Split Pea Soup  
Organic Thai Coconut Soup (Tom Kha Phak)  
Organic Tuscan Bean & Rice Soup

### **Imagine Foods**

Broccoli Soup 32 oz  
Butternut Squash Soup 32 oz  
Creamy Tomato Soup 16 oz  
Organic Acorn Squash & Mango Soup 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

## **Spices and Seasonings**

### **Bob's Red Mill**

Cornstarch

## **Sweeteners**

### **Lundberg Farms**

Brown Rice Syrup  
Organic Brown Rice Syrup