

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Charleston Store, South 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

WFM Gluten Free Bakehouse

- Almond Cookies
- Carrot Cake
- Honey Oat Bread
- Molasses Ginger Cookies
- Morning Glory Muffins

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 Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- White Rice Flour
- Yellow Corn Meal

Bob's Red Mill

- Almond Flour
- Arrowroot Starch Flour
- Baking Powder
- Baking Soda
- Brown Rice Flour
- Cornstarch
- Flaxseed Meal
- Flaxseeds
- Garbanzo Bean Flour

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Cornbread Mix
- Gluten Free Garbanzo & Fava Bean Flour
- 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
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Potato Starch
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Vanilla Frosting

Cherrybrook Kitchen Gluten Free Dreams

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

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Beth's All Purpose Flour Mix
- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- Decadent Chocolate Cake Mix
- French Bread & Pizza Mix
- Perfect Pie Crust Mix

Baking Needs (Cont'd)

Hain

- Baking Powder

Namaste

- Bread Mix
- Spice Cake Mix
- Waffle & Pancake Mix

Pamela's Products

- Confetti Frosting Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Ginger Ale
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Authentic Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Country Peach Passion
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Perfectly Plum White Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- Wild Berry Tea, 20 Ct

So Delicious

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

Bread

Enjoy Life

- Cinnamon Raisin Bagels

Glutino

- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

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

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

Bakery On Main

- Cranberry Orange Cashew Gluten Free Granola
- Rainforest Gluten Free Granola

Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Brown Rice Farina Creamy Rice Hot Cereal

Enjoy Life

- Cinnamon Crunch Granola
- Cranapple Crunch Granola
- Very Berry Crunch Granola

EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal
- Koala Crisp Organic Cereal, 26 oz
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal, 25 oz

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 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

Cereal (Cont'd)

WFM Gluten Free Bakehouse

Fruit and Nut Granola

Cheese

Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Cream Cheese

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

Chips, Pretzels and Snacks

Arico

Cassava Chips, Original

Cassava Chips, Sea Salt Mist

Food Should Taste Good

Buffalo Tortilla Chips 6 oz

Sweet Potato Tortilla Chips 6 oz

The Works! Tortilla Chips 6 oz

Yellow Corn Tortilla Chips 11 oz

Food Should Taste Good

Chocolate Tortilla Chips 6 oz

Jalapeno Tortilla Chips 6 oz

Multigrain Tortilla Chips 6 oz

Olive Tortilla Chips 6 oz

Glutino

Pretzels, Sesame Rings

Pretzels, Sticks

Pretzels, Twists

Lundberg Farms

Brown Rice Cakes

Organic Koku Seaweed Rice Cakes

Organic Sea Salt Rice Chips

Organic Wild Rice Cakes

Sante Fe BBQ Rice Chips

Unsalted Brown Rice Cakes

Mary's Gone Crackers

Sticks & Twigs, Sea Salt

Sticks & Twigs, Tomato Chipotle

Chips, Pretzels and Snacks (Cont'd)

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, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sesame Goddess

Organic Dressing, Sesame Tamari Vinaigrette

Spectrum

Light Canola Eggless Mayonnaise 16 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

Arico

Lemon Ginger Cookies

Bakery On Main

Peanut Butter Chocolate Chip Granola 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 Happy Apple Cookies

Soft Baked Lively Lemon Cookies

Cookies and Snack Bars (Cont'd)

Enjoy Life

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
Panda Organic Crispy Rice Bars, Peanut Butter
Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry
Breakfast Bars, Chocolate

Jennie's

Coconut Macaroons

Pamela's Products

Ginger Cookies with Sliced Almonds
Old Fashioned Raisin Walnut Cookies
Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

Almond Cookies
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

Dairy (Cont'd)

Earth Balance

Soy Garden Buttery Spread

Dairy Alternatives

Follow Your Heart

Vegan Gourmet Cheddar
Vegan Gourmet Cream Cheese
Vegan Gourmet Mozzarella Cheese
Vegan Gourmet Nacho 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
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
Strawberry Cultured Coconut Milk Yogurt
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 32 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

- Canadian Bacon
- Organic Sliced Oven Roasted Chicken
- Salametti
- Sliced Authentic Prosciutto
- Sliced Genoa Salami
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Soppressata
- Sliced Turkey Bologna

Desserts

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

- Dark Chocolate Bar - 7 pack
- Dark Chocolate Bars - individual bars

Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Lush Lemon
- Original with Almond
- Original with Cashew
- Original with Mixed Nuts
- Original with Peanut

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Entrees and Mixes (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

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

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Namaste

- Bread Mix
- Spice Cake Mix
- Waffle & Pancake Mix

Pamela's Products

- Confetti Frosting Mix
- Dark Chocolate 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, Sundried Tomato & Garlic
- Organic Polenta, Traditional

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Amy's

- Kids Baked Ziti Meal
- Organic Asian Noodle Stir-Fry

Frozen Foods (Cont'd)

Amy's

- 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, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

Applegate Farms

- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

Gluten Free Cafe

- Asian Noodles

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
- Kids Meal, Mac No Cheese
- Kids Meal, Mac n Meat Sauce
- Lightly Battered Fish, Wheat Free Gluten Free
- Popcorn Turkey Corn Dogs

Frozen Foods (Cont'd)

Ian's Natural Foods

- 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
- 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
- Mint Marble Fudge Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

- Blueberry Cheesecake Non-Dairy Frozen Dessert
- 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
- 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

Frozen Foods (Cont'd)

Purely Decadent

- Pomegranate Chip 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
- Strawberry Agave Sweetened Fruit Bar

Starfish

- Crispy Battered Gluten Free Halibut

Sweet Nothings

- Non-Dairy Fudge Bar

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles
- Wheat Free French Toast Sticks Cinnamon
- 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 Long Grain Brown Rice
- Eco-Farmed Short Grain Brown 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 Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice

Grains and Rice (Cont'd)

Lundberg Farms

- Organic Quick Wild Rice
- Organic Short Grain Brown Rice
- Organic Wild & Wehani Rice
- Organic Wild & White Basmati Rice
- Organic Wild Rice

Jams and Nut Butters

Earth Balance

- Creamy Natural Almond Butter
- Creamy Natural Peanut Butter

Maranatha

- Roasted Sesame Tahini

Meat Alternatives

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Meat and Poultry

Applegate Farms

- Beef Hot Dogs
- Big Apple Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Poultry Andouille Sausage
- Organic Sweet Italian Sausage
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage
- Sliced Sunday Bacon
- Sliced Turkey Bacon
- Turkey Hot Dogs

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Flaxseeds
- Hulled Hemp Seeds
- Organic Brown Flaxseeds
- Organic Golden Flaxseeds

Pasta

Ancient Harvest

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

Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Fusilli
- Organic Gluten Free Penne Rigate
- Organic Gluten Free Spaghetti

DeBoles Foods

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

Lundberg Farms

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

Namaste

- Say Cheez Pasta

Pasta Sauce

Amy's

- Organic Low Sodium Marinara 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 Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

Seafood

Starfish

- 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
- Organic Medium Chili, Light in Sodium
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

Soups (Cont'd)

Imagine Foods

- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 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
- Sweet Potato Soup 32 oz
- Vegetable Broth 32 oz

Spices and Seasonings

Bob's Red Mill

- Cornstarch

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup