

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Durham 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
Honey Oat Bread
Molasses Ginger Cookies
Morning Glory Muffins

Baking Needs

Arrowhead Mills

Blue Corn Meal
Long Grain Brown Rice Flour
Millet Flour

Baking Needs (Cont'd)

Arrowhead Mills

Yellow Corn Meal

Bob's Red Mill

Almond Flour
Brown Rice Flour
Cornstarch
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Cornbread Mix
Gluten Free Pancake Mix
Gluten Free Pizza Crust Mix
Gluten Free Sweet White Sorghum Flour
GlutenFree Rolled Oats
Hazelnut Meal/Flour
Organic Coconut Flour
Organic Golden Flaxseed Meal
Potato Flour

Baking Needs (Cont'd)

Bob's Red Mill

Potato Starch
Teff Flour
White Rice Flour
Xanthan Gum

Cherrybrook Kitchen

Chocolate Frosting Mix

Hain

Baking Powder

Namaste

Brownie Mix
Chocolate Cake Mix
Waffle & Pancake Mix

Beverages

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
Honey Vanilla Chamomile 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
Raspberry Zinger Tea, 20 Ct
Red Zinger Tea, 20 Ct
Sleepytime Extra Tea, 20 Ct
Sleepytime Tea, 20 Ct
Sleepytime Tea, 40 Ct
Tangerine Orange Zinger Tea, 20 Ct
Tension Tamer Tea, 20 Ct
True Blueberry, 20 Ct
Wild Berry Tea, 20 Ct

So Delicious

Original (Plain) Coconut Milk Beverage
Unsweetened Coconut Milk Beverage

Beverages (Cont'd)

So Delicious

Vanilla Coconut Milk Beverage

Bread

Glutino

Premium Corn 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 Traditional Refried Beans

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Yellow Corn Grits
Sweetened Organic Rice Flakes

Bob's Red Mill

GlutenFree Rolled Oats
Organic Brown Rice Farina Creamy Rice Hot Cereal

EnviroKidz

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

Cereal (Cont'd)

Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Mesa Sunrise Cereal
- Organic Mesa Sunrise Cereal, 26.4 oz

WFM Gluten Free Bakehouse

- Fruit and Nut Granola

Cheese

Follow Your Heart

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

Chips, Pretzels and Snacks

Food Should Taste Good

- Sweet Potato Tortilla Chips 6 oz

Food Should Taste Good

- Multigrain Tortilla Chips 6 oz
- Olive Tortilla Chips 6 oz

Glutino

- Pretzels, Sesame Rings
- Pretzels, Sticks

Lundberg Farms

- Brown Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Popcorn Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Unsalted Brown Rice Cakes
- 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

Mr. Krispers

- Baked Rice Krisps, Barbecue
- Baked Rice Krisps, Sea Salt & Pepper

Condiments

Follow Your Heart

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

Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon 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

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Snickerdoodle Cookies
- Very Berry Snack Bars

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

- Breakfast Bars, Apple

Jennie's

- Coconut Macarons

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Simplebites Ginger Mini Snapz

Cookies and Snack Bars (Cont'd)

WFM Gluten Free Bakehouse

- Almond Cookies
- Molasses Ginger Cookies

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

Dairy Alternatives

Follow Your Heart

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

So Delicious

- 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
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

WestSoy

- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 32 oz
- Plus Soy Beverage, Vanilla 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

- Salametti
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Lushus Lemon
- Original with Peanut

Entrees and Mixes

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

- Chocolate Frosting Mix

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Namaste

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

Ethnic Foods

Amy's

- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl

Ethnic Foods (Cont'd)

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

Frozen Foods

Amy's

- Organic Baked Ziti Bowl
- Organic Bistro Veggie Burger
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- 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 Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- 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 Fudge Brownie

Ian's Natural Foods

- Chicken Patties, Wheat Free Gluten Free
- Lightly Battered Fish, Wheat Free Gluten Free
- Popcorn Turkey Corn Dogs

It's Soy Delicious

- Chocolate Almond Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert
- Raspberry Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

It's Soy Delicious

- Vanilla Non-Dairy Frozen Dessert

Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Strawberry 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
- 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
- Praline Pecan Non-Dairy Frozen 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
- Orange Passion Fruit Agave Sweetened Fruit Bar

Frozen Foods (Cont'd)

So Delicious

Vanilla Bar, Made with Coconut Milk

Starfish

Crispy Battered Gluten Free Cod

Crispy Battered Gluten Free Haddock

Sweet Nothings

Non-Dairy Fudge Bar

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

Organic California White Basmati Rice

Organic Short Grain Brown Rice

Organic Wild & Wehani Rice

Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

Creamy Peanut Butter, 26 oz

Crunchy Peanut Butter, 16 oz

Crunchy Peanut Butter, 26 oz

Earth Balance

Creamy Natural Almond Butter

Creamy Natural Peanut Butter

Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

Meat Alternatives (Cont'd)

WestSoy

Extra Firm Tofu, Vacuum-Pack 12 oz

Meat and Poultry

Applegate Farms

Beef Hot Dogs

Chicken Apple Breakfast Sausage

Chicken Hot Dogs

Maple Breakfast Sausage

Organic Beef Hot Dogs

Organic Chicken Hot Dogs

Organic Hot Dogs

Organic Poultry Andouille Sausage

Organic Sliced Sunday Bacon

Organic Sweet Italian Sausage

Organic Turkey Burgers

Organic Turkey Hot Dogs

Sage Breakfast Sausage

Sliced Organic Turkey Bacon

Sliced Sunday Bacon

Sliced Turkey Bacon

Turkey Hot Dogs

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Garden Pagodas 8 oz

Quinoa Supergrain Pasta, Spaghetti 8 oz

Bionaturae

Organic Gluten Free Fusilli

Organic Gluten Free Penne Rigate

Organic Gluten Free Spaghetti

DeBoles Foods

Corn Spaghetti

Multi-Grain Spaghetti

Rice Fettuccine

Rice Lasagna

Rice Penne

Rice Spaghetti

Rice Spirals

Pasta (Cont'd)

Lundberg Farms

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

Pasta Sauce

Amy's

- Organic Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

- Organic Medium Salsa

Seafood

Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock

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 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 Thai Coconut Soup (Tom Kha Phak)

Soups (Cont'd)

Amy's

- Organic Tuscan Bean & Rice Soup

Imagine Foods

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz
- Creamy Tomato Soup 16 oz
- No Chicken Broth 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Portabello Mushroom Soup 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 oz
- Potato Leek Soup 16 oz
- Potato Leek Soup 32 oz
- Sweet Potato Soup 32 oz

Spices and Seasonings

Bob's Red Mill

- Cornstarch

Sweeteners

Lundberg Farms

- Organic Brown Rice Syrup