

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Poplar 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

Carrot Cake
Honey Oat Bread
Molasses Ginger Cookies
Morning Glory Muffins

Baking Needs

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
Gluten Free All Purpose Baking Mix

Baking Needs (Cont'd)

Arrowhead Mills

Gluten Free Chocolate Chip Cookie 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
Brown Rice Flour
Cornstarch
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cinnamon Raisin Bread
- 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
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Old Fashioned Cake & Cookie Mix

Hain

- Baking Powder

Namaste

- Bread Mix
- Brownie Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Vanilla Cake Mix

Baking Needs (Cont'd)

Namaste

- Waffle & Pancake Mix

Pamela's Products

- Chocolate Cake Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix
- Vanilla Frosting Mix

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Authentic Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Caffeine Free Celestial Tea, 40 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Country Peach Passion
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 40 Ct
- Perfectly Pear White Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- True Blueberry, 20 Ct

So Delicious

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

Bread

Enjoy Life

- Original Bagels

Glutino

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

Bread (Cont'd)

WFM Gluten Free Bakehouse

Honey Oat Bread

Candy and Chocolate

Enjoy Life

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

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Bakery On Main

Cranberry Orange Cashew Gluten Free Granola

Extreme Fruit & Nut Gluten Free Granola

Rainforest Gluten Free Granola

Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Cereal (Cont'd)

EnviroKidz

Koala Crisp Organic Cereal

Peanut Butter Panda Puffs Organic Cereal

Nature's Path

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 Whole O's Cereal

Cheese

Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

Vegan Gourmet Sour Cream

Chips, Pretzels and Snacks

Arico

Cassava Chips, Barbecue Bliss

Cassava Chips, Ginger on Fire

Food Should Taste Good

Buffalo Tortilla Chips 6 oz

Sweet Potato Tortilla Chips 6 oz

The Works! Tortilla Chips 6 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, Unsalted

Lundberg Farms

Organic Koku Seaweed Rice Cakes

Organic Sea Salt Rice Chips

Organic Sesame Tamari Rice Cakes

Organic Wild Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

Pico de Gallo Rice Chips

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, Grapeseed Oil

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

Vegenaise, Original

Organicville

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Sesame Goddess

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

Spectrum

Canola Mayonnaise 16 oz

Light Canola Eggless Mayonnaise 16 oz

Light Canola Eggless Mayonnaise 32 oz

Organic Garlic Ranch Omega-3 Dressing

Organic Golden Balsamic Omega-3 Dressing

Organic Olive Oil Mayonnaise

Organic Soy Mayonnaise 16 oz

Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

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 No-Oats "Oatmeal" Cookie

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

Glutenfreeda's Real Cookies

Peanut, Paul & Mary

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

Jennie's

Coconut Macaroons

Pamela's Products

Ginger Cookies with Sliced Almonds

Peanut Butter 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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese
- Vegan Gourmet Sour Cream

So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- Cinnamon Bun Dairy Free Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Key Lime Dairy Free Yogurt
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Peach Dairy Free Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Raspberry Dairy Free 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

- Longevity Soy Beverage, Plain 32 oz
- Longevity Soy Beverage, Vanilla 32 oz
- Plus Soy Beverage, Plain 32 oz

Dairy Alternatives (Cont'd)

WestSoy

- 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

- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Honey Maple Turkey
- Sliced Organic Genoa Salami
- 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 Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Turkey Bologna

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

WFM Gluten Free Bakehouse

- Carrot Cake

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 Chocolate Chip Cookie Mix

Entrees and Mixes (Cont'd)

Bob's Red Mill

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

Cherrybrook Kitchen

Chocolate Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Sugar Cookie Mix

Namaste

Bread Mix
Brownie Mix
Cookie Mix
Pizza Crust Mix
Spice Cake Mix
Sugar-Free Muffin Mix
Vanilla Cake Mix
Waffle & Pancake Mix

Pamela's Products

Dark Chocolate Frosting Mix
Vanilla 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 Roasted Vegetable Tamale Whole Meal
Organic Teriyaki Bowl

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional

Frozen Foods

Amy's

Organic Asian Noodle Stir-Fry
Organic Baked Ziti Bowl
Organic Bistro Veggie Burger
Organic Black Bean Enchilada Whole Meal

Frozen Foods (Cont'd)

Amy's

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 Rice Crust Spinach Pizza
Organic Roasted Vegetable Tamale Whole Meal
Organic Shepherd's Pie
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

Gluten Free Cafe

Asian Noodles

Glutenfreeda's Real Cookies

Peanut, Paul & Mary

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free
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

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert
Awesome Chocolate Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

It's Soy Delicious

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
Neopolitan Non-Dairy Frozen Dessert
Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Blueberry Cheesecake Non-Dairy Frozen Dessert
Cherry Nirvana 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
Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Praline Pecan Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Orange Passion Fruit Agave Sweetened Fruit Bar
Raspberry 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
Crispy Battered Gluten Free Halibut

Van's

Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free Homestyle Pancakes

Grains and Rice

Ancient Harvest

Inca Red Organic Quinoa 12 oz
Traditional Organic Quinoa 12 oz

Lundberg Farms

Eco-Farmed California White Basmati Rice
Eco-Farmed Countrywild Gourmet Blend Rice
Eco-Farmed Short Grain Brown Rice
Eco-Farmed Wehani Gourmet Brown Rice
Organic Long Grain Brown Rice
Organic Short Grain Brown Rice
Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

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)

WestSoy

Extra Firm Tofu, Vacuum-Pack 12 oz
Firm Tofu, Water-Pack 16 oz

Meat and Poultry

Applegate Farms

- Beef Hot Dogs
- Big Apple Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Dry Cured Bacon
- Greatest Little Organic Smokey Cocktail Frank
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Poultry Andouille Sausage
- Organic Sliced Sunday Bacon
- Organic Sweet Italian Sausage
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Peppered Bacon
- Sage Breakfast Sausage
- Sliced Organic Turkey Bacon
- Sliced Sunday Bacon
- Sliced Turkey Bacon
- Turkey Hot Dogs

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Hulled Hemp Seeds
- Organic Golden Flaxseeds

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

Pasta (Cont'd)

DeBoles Foods

- Corn Spaghetti
- Multi-Grain Penne
- 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

Pasta Sauce

Amy's

- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

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

Sauces, Salsas and Dips

Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Spicy Chipotle 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 Fire Roasted Southwestern Vegetable Soup
- Organic Lentil 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 Tuscan Bean & Rice Soup

Imagine Foods

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 32 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 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