

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Winston-Salem 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

- Blue Corn Meal
- Buckwheat Flour
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

Bob's Red Mill

- Almond Flour
- Arrowroot Starch Flour
- Cornstarch
- Flaxseed Meal
- Flaxseeds
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cinnamon Raisin Bread
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Hearty Whole Grain Bread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- 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 Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Sugar Cookie Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- French Bread & Pizza Mix
- Muffins & Scone Mix
- Perfect Pie Crust Mix

Hain

- Baking Powder

Namaste

- Blondie Mix
- Bread Mix
- Brownie Mix
- Chocolate Cake Mix
- Muffin Mix

Baking Needs (Cont'd)

Namaste

- Pizza Crust Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

Pamela's Products

- Chocolate Cake Mix
- Gluten-Free Bread Mix

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Authentic Green Tea, 40 Ct
- Black Cherry Berry Tea
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Country Peach Passion
- Decaf Green Tea, 25 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- 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 Throat Tamer Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer 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

- Cinnamon Raisin Bagels
- Original Bagels

Bread (Cont'd)

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 Dark Chocolate Bar

Canned Goods

Amy's

- Organic Refried Black Beans
- Organic Traditional Refried 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

Bob's Red Mill

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

Enjoy Life

- Very Berry Crunch Granola

EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch 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 Honey'd Cornflakes
- Organic Mesa Sunrise Cereal
- Organic Mesa Sunrise Cereal, 26.4 oz
- Organic Whole O's Cereal

WFM Gluten Free Bakehouse

- Fruit and Nut Granola

Cheese

Follow Your Heart

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

Chips, Pretzels and Snacks

Applegate Farms

- Natural Joy Stick

Arico

- 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

- 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, Unsalted

Lundberg Farms

- Apple Cinnamon Rice Cakes
- Brown Rice Cakes
- Buttery Caramel Rice Cakes
- Honey Nut Rice Cakes
- Organic Mochi Sweet Rice Cakes
- Organic Sea Salt Rice Chips

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Organic Sesame Tamari Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Pico de Gallo Rice Chips
- Sante Fe BBQ Rice Chips
- Unsalted Brown Rice Cakes

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, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup

Spectrum

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Olive Oil Mayonnaise
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Arico

- Lemon Ginger Cookies

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies

Cookies and Snack Bars (Cont'd)

Enjoy Life

- Soft Baked Gingerbread Spice Cookie
- Soft Baked Happy Apple Cookies
- Soft Baked Lively Lemon 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
- Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

Jennie's

- Coconut Macaroons

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

- Almond Cookies
- Molasses Ginger Cookies

Crackers

Health Valley

- Rice Bran Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- 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

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
- 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 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 Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pancetta
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chocolate Crisp
- Lushus Lemon
- Original with Hazelnut

Entrees and Mixes

Arrowhead Mills

- 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 Cake Mix
- Sugar Cookie Mix

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Entrees and Mixes (Cont'd)

Namaste

- Blondie Mix
- Bread Mix
- Brownie Mix
- Chocolate Cake Mix
- Muffin Mix
- Pizza Crust Mix
- Vanilla Cake Mix
- Waffle & Pancake 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, Traditional

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Amy's

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

Frozen Foods (Cont'd)

Amy's

- 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
- Organic Shepherd's Pie, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

Applegate Farms

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

French Meadow Bakery

- Gluten Free Fudge Brownie

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

It's Soy Delicious

- Almond Pecan Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert

Nature's Path

- 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
- Mint Marble Fudge Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Organic So Delicious

Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Blueberry Cheesecake Non-Dairy Frozen Dessert

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

Coconut Non-Dairy Frozen Coconut Milk Dessert

Cookie Dough (Gluten Free) Non-Dairy Frozen 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

Purely Vanilla 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

Strawberry Agave Sweetened Fruit Bar

Vanilla Bar, Made with Coconut Milk

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

Grains and Rice (Cont'd)

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

Eco-Farmed Jubilee Gourmet Blend 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

Organic Quick Wild Rice

Organic Short Grain Brown Rice

Organic White Long Grain Rice

Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

Creamy Peanut Butter, 26 oz

Crunchy Peanut Butter, 26 oz

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

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

Natural Joy Stick

Organic Beef Hot Dogs

Organic Chicken & Apple Sausage

Organic Chicken Hot Dogs

Organic Fire Roasted Red Pepper Sausage

Organic Hot Dogs

Meat and Poultry (Cont'd)

Applegate Farms

- 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

Nutritional Supplements

Bob's Red Mill

- Hemp Protein Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Flaxseeds
- Hemp Protein Powder
- 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

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

Pasta (Cont'd)

DeBoles Foods

- Rice Spirals

Lundberg Farms

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

Pasta Sauce

Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

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

Sauces, Salsas and Dips

Amy's

- Organic Medium Salsa
- Organic Mild Salsa

Organicville

- Organic Medium Salsa
- Organic Sesame Teriyaki

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 Vegetable Soup
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Split Pea Soup

Soups (Cont'd)

Amy's

Organic Tuscan Bean & Rice Soup

Imagine Foods

Broccoli Soup 16 oz

Broccoli Soup 32 oz

Butternut Squash Soup 16 oz

Butternut Squash Soup 32 oz

Chicken Broth 16 oz

Creamy Tomato Soup 16 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 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

Vegetable Broth 16 oz

Vegetable Broth 32 oz

Spices and Seasonings

Bob's Red Mill

Cornstarch

Sweeteners

Lundberg Farms

Brown Rice Syrup

Organic Brown Rice Syrup