

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Kahala Mall Oahu Store, Southern Pacific 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

Buckwheat Flour
Gluten Free Pancake & Baking Mix
Long Grain Brown Rice Flour

Baking Needs (Cont'd)

Arrowhead Mills

Millet Flour
Yellow Corn Meal

Bob's Red Mill

Arrowroot Starch Flour
Cornstarch
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
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 Sweet White Sorghum Flour

Baking Needs (Cont'd)

Bob's Red Mill

- Golden Flaxseed Meal
- Organic Amaranth Flour
- Organic Brown Rice Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Organic Quinoa Flour
- Organic White Rice Flour
- Potato Flour
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- French Bread & Pizza Mix
- Perfect Pie Crust Mix
- Spice Cake & Gingerbread Mix

Hain

- Baking Powder

Namaste

- Bread Mix
- Brownie Mix
- Muffin Mix
- Pizza Crust Mix
- Vanilla Cake Mix

Baking Needs (Cont'd)

Pamela's Products

- Gluten-Free Bread Mix

Beverages

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Cranberry Pomegranate Green Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 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
- Tropical Strawberry, 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 Cinnamon & Raisin Bread
- Premium Corn 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 Chocolate Bar

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 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

Bakery On Main

Apple Raisin Walnut Gluten Free Granola

Cranberry Orange Cashew Gluten Free Granola

Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

Organic Brown Rice Farina Creamy Rice Hot Cereal

Organic Buckwheat Groats

Organic Creamy Buckwheat Hot Cereal

Enjoy Life

Cinnamon Crunch Granola

Cranapple Crunch Granola

Very Berry Crunch Granola

EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Gorilla Munch Organic Cereal, 23 oz

Cereal (Cont'd)

EnviroKidz

Koala Crisp Organic Cereal, 26 oz

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic Cereal, 25 oz

Nature's Path

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

Cheese

Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Cream Cheese

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Chips, Pretzels and Snacks

Arico

Cassava Chips, Barbecue Bliss

Cassava Chips, Original

Food Should Taste Good

Buffalo Tortilla Chips 6 oz

Cinnamon Tortilla Chips 5.5 oz

Lime Tortilla Chips 5.5 oz

Potato & Chive Tortilla Chips 5.5 oz

Sweet Potato Tortilla Chips 6 oz

The Works! Tortilla Chips 6 oz

Yellow Corn Tortilla Chips 11 oz

Food Should Taste Good

Jalapeno Tortilla Chips 6 oz

Multigrain Tortilla Chips 6 oz

Olive Tortilla Chips 6 oz

Glutino

Pretzels, Sesame Rings

Pretzels, Sticks

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Brown Rice Cakes
- Honey Nut Rice Cakes
- Organic Koku Seaweed Rice Cakes
- Organic Mochi Sweet Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Sesame Tamari Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes
- Pico de Gallo Rice Chips
- Sesame Tamari Rice Cakes
- Unsalted Brown Rice Cakes

Condiments

Follow Your Heart

- Organic Balsamic Vinaigrette Dressing
- Thousand Island Dressing
- Vegenaise, Grapeseed Oil
- Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil
- Vegenaise, Original

Organicville

- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup

Spectrum

- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle
- Organic Wasabi Mayonnaise 12 oz

Cookies and Snack Bars

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 Chocolate Chip Cookie Pack
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Lively Lemon Cookies
- Soft Baked No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookie Pack
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- 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, Blueberry
- Breakfast Bars, Cranberry

Jennie's

- Coconut Macarons

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies

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

Dairy (Cont'd)

Earth Balance

- Organic Whipped Buttery Spread
- Original Buttery Spread
- Soy Free Buttery Spread

Dairy Alternatives

Follow Your Heart

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

So Delicious

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

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

- Canadian Bacon
- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

- Sliced Honey 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 Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey

Desserts

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chocolate Crisp
- Original with Almond
- Tasty Tropical

Entrees and Mixes

Bob's Red Mill

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

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix

Entrees and Mixes (Cont'd)

Lundberg Farms

Organic Florentine Risotto

Namaste

Bread Mix

Brownie Mix

Muffin Mix

Pizza Crust Mix

Vanilla Cake Mix

Ethnic Foods

Amy's

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 Thai Stir-Fry

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Green Chili & Cilantro

Organicville

Organic Island Teriyaki

Frozen Foods

Amy's

Kids Baked Ziti Meal

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 Roasted Vegetable Tamale Whole Meal

Frozen Foods (Cont'd)

Amy's

Organic Shepherd's Pie

Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza

Organic Thai Stir-Fry

Organic Tofu Scramble

Ian's Natural Foods

Chicken Fingers, Allergen Free

Chicken Patties, 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

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert

Green Tea 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

Non-Dairy Creamy Fudge Bar

Non-Dairy Creamy Vanilla Bar

Strawberry Non-Dairy Frozen Dessert

Purely Decadent

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 (Gluten Free) Non-Dairy Frozen Dessert

Cookie Dough Non-Dairy Frozen Coconut Milk Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Purely Decadent

Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen 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
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Creamy Raspberry Bar
Fudge Bar, Sugar Free
Raspberry Agave Sweetened Fruit Bar
Vanilla Bar, Made with Coconut Milk

Starfish

Crispy Battered Gluten Free Haddock

Sweet Nothings

Non-Dairy Fudge Bar
Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free French Toast Sticks Cinnamon
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

Eco-Farmed California White Arborio Rice
Eco-Farmed Countrywild Gourmet Blend Rice
Eco-Farmed Wehani Gourmet Brown Rice
Eco-Farmed Wild Blend Gourmet Blend Rice
Organic California Brown Basmati Rice

Grains and Rice (Cont'd)

Lundberg Farms

Organic California Brown Jasmine Rice, 25 lb
Organic California White Basmati Rice
Organic Long Grain Brown Rice
Organic Short Grain Brown Rice
Organic White Long Grain Rice
Organic Wild Rice

Jams and Nut Butters

Earth Balance

Creamy Natural Almond Butter
Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

Meat and Poultry

Applegate Farms

Big Apple Hot Dogs
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 Hot Dogs
Peppered Bacon
Sliced Organic Turkey Bacon

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Organic Golden Flaxseeds

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

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
- Quinoa Supergrain Pasta, Veggie Curls 8 oz

DeBoles Foods

- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Fettuccine

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
- Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Green Chili & Cilantro

Sauces, Salsas and Dips

Amy's

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

Organicville

- Organic Island Teriyaki
- Organic Mild Salsa

Seafood

Starfish

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

Spices and Seasonings

Bob's Red Mill

- Cornstarch

Sweeteners

Lundberg Farms

- Brown Rice Syrup