

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Laguna Beach 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](mailto:WFMSpecialDiets@wholefoods.com).

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### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Cornstarch
- Gluten Free All Purpose Baking Flour
- Gluten Free Brownie Mix

### Baking Needs (Cont'd)

#### Bob's Red Mill

- Gluten Free Cornmeal
- Gluten Free Pancake Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Organic Flaxseed Meal
- Tapioca Flour
- Xanthan Gum

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Sugar Cookie Mix

#### Earth Balance

- Shortening

#### Enjoy Life

- Semi-Sweet Chocolate Chips

## Baking Needs (Cont'd)

### Gluten Free Pantry

Perfect Pie Crust Mix

### Namaste

Cookie Mix

Spice Cake Mix

Sugar-Free Muffin Mix

### Pamela's Products

Chocolate Cake Mix

Classic Vanilla Cake Mix

## Beverages

### Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct

Bengal Spice Tea, 20 Ct

Chai Honey Vanilla White Tea, 20 Ct

Chamomile Tea, 20 Ct

Country Peach Passion

Decaf Green Tea, 25 Ct

Goji Berry Pomegranate Green Tea, 20 Ct

Imperial Peach White Tea, 20 Ct

Lemon Zinger Tea, 20 Ct

Madagascar Vanilla Red Tea, 20 Ct

Moroccan Pomegranate Red Tea, 20 Ct

Peppermint Tea, 40 Ct

Raspberry Zinger Tea, 20 Ct

Red Zinger Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Tea, 40 Ct

Sleepytime Throat Tamer Tea, 20 Ct

Sugar Plum Spice, 20 Ct

Tangerine Orange Zinger Tea, 20 Ct

Tension Tamer Tea, 20 Ct

### So Delicious

Original (Plain) Coconut Milk Beverage

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

## Bread

### French Meadow Bakery

Gluten Free Tortillas, 7"

## Bread (Cont'd)

### Glutino

Premium Cinnamon & Raisin Bread

Premium Corn Bread

Premium Flax Seed Bread

## Canned Goods

### Amy's

Organic Refried Black Beans

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

### Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

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

Koala Crisp Organic Cereal

Koala Crisp Organic Cereal, 26 oz

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic Cereal

### Nature's Path

Organic Fruit Juice Sweetened Corn Flakes

Organic Honey'd Cornflakes

Organic Mesa Sunrise Cereal

Organic Whole O's Cereal

## **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

### **Food Should Taste Good**

Lime Tortilla Chips 5.5 oz  
Multigrain Tortilla Chips 1.5 oz  
Potato & Chive Tortilla Chips 5.5 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 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, Twists

### **Lundberg Farms**

Apple Cinnamon Rice Cakes  
Brown Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Mochi Sweet Rice Cakes  
Organic Popcorn Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips  
Unsalted Brown Rice Cakes

## **Condiments**

### **Follow Your Heart**

Lemon Herb Dressing  
Organic Balsamic Vinaigrette Dressing  
Organic Italian Vinaigrette Dressing  
Vegenaise, Grapeseed Oil  
Vegenaise, Original

## **Condiments (Cont'd)**

### **Organicville**

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

## **Cookies and Snack Bars**

### **Bakery On Main**

Extreme Trail Mix Granola Bars  
Peanut Butter Chocolate Chip Granola Bars

### **Cherrybrook Kitchen Gluten Free Dreams**

Chocolate Chip Mini Cookies  
Vanilla Graham Mini Cookies

### **Enjoy Life**

Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### **EnviroKidz**

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

### **Jennie's**

Coconut Macaroons

### **Pamela's Products**

Ginger Cookies with Sliced Almonds  
Peanut Butter Cookies  
Simplebites Ginger Mini Snapz

## 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 Cream Cheese
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

### So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- Blueberry Dairy Free Yogurt
- French Vanilla Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango 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

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

## Dairy Alternatives (Cont'd)

### WestSoy

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

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Genoa Salami
- Sliced Hot Soppressata
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Smoked Turkey
- Sliced Pancetta
- Sliced Pepperoni
- Sliced Slow Cooked Ham

## Desserts

### French Meadow Bakery

- Gluten Free Fudge Brownie

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Sugar Cookie Mix

### Namaste

- Cookie Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix

## Ethnic Foods

### Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma

## Ethnic Foods (Cont'd)

### Amy's

Organic Roasted Vegetable Tamale Whole Meal  
Organic Teriyaki Bowl

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Traditional

### French Meadow Bakery

Gluten Free Tortillas, 7"

### Organicville

Organic Sesame Teriyaki

## Frozen Foods

### Amy's

Organic Asian Noodle Stir-Fry  
Organic Bistro Veggie Burger  
Organic Black Bean Enchilada 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  
Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza  
Organic Teriyaki Bowl

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough  
Gluten Free Fudge Brownie

### Gluten Free Cafe

Asian Noodles

### Ian's Natural Foods

Ian's Fish Sticks, Allergen Free  
Wafflewich, Egg & Maple Sausage, Wheat Free  
Gluten Free

## Frozen Foods (Cont'd)

### It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert

### Nature's Path

Organic Buckwheat Wildberry Waffles

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

Belgian Chocolate Non-Dairy Frozen Dessert  
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  
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge 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

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

### Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

### Van's

Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free 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 White Arborio Rice
- Eco-Farmed California White Jasmine Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Jubilee Gourmet Blend Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California White Basmati Rice
- Organic Long Grain Brown Rice
- Organic Quick Wild Rice
- Organic Short Grain Brown Rice
- Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

- Creamy Peanut Butter, 16 oz
- Crunchy Peanut Butter, 16 oz
- Organic Creamy Peanut Butter, 16 oz
- Organic Crunchy Peanut Butter, 16 oz

### Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat and Poultry

### Applegate Farms

- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Poultry Andouille Sausage
- Organic Turkey Hot Dogs

## 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

## Pasta (Cont'd)

### DeBoles Foods

- Multi-Grain Penne
- Rice Spaghetti

### Lundberg Farms

- Organic Brown Rice Penne 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

## 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 Mild Salsa

### Organicville

- Organic Medium Salsa
- Organic Sesame Teriyaki

## 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 Curried Lentil Soup

## **Soups (Cont'd)**

### **Amy's**

- 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 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 Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)

### **Imagine Foods**

- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz
- Corn & Lemongrass Soup 32 oz
- Free Range Chicken Broth 32 oz
- Organic Acorn Squash & Mango Soup 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Potato Leek Soup 32 oz
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz

## **Spices and Seasonings**

### **Bob's Red Mill**

- Cornstarch

### **Sweeteners**

#### **Lundberg Farms**

- Brown Rice Syrup