

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Montana Avenue 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
- Yellow Corn Meal

#### Bob's Red Mill

- Arrowroot Starch Flour
- Cornstarch
- Flaxseed Meal
- Gluten Free Cornbread Mix
- GlutenFree Rolled Oats

### Baking Needs (Cont'd)

#### Bob's Red Mill

- Organic Flaxseed Meal
- Teff Flour
- Xanthan Gum

#### Enjoy Life

- Semi-Sweet Chocolate Chips

#### Gluten Free Pantry

- Chocolate Truffle Brownie Mix
- Perfect Pie Crust Mix

#### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

Bengal Spice Tea, 20 Ct  
Black Cherry Berry Tea  
Chamomile Tea, 20 Ct  
Cranberry Pomegranate Green Tea, 20 Ct  
Decaf Green Tea, 25 Ct  
Fruit Tea Sampler, 20 Ct  
Mint Magic Tea, 20 Ct  
Peppermint Tea, 20 Ct  
Red Zinger Tea, 20 Ct  
Sleepytime Tea, 40 Ct  
Tension Tamer Tea, 20 Ct  
Tropical Acai Berry Green Tea, 20 Ct

### So Delicious

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

## Bread

### Glutino

Premium Corn Bread  
Premium Fiber Bread  
Premium Flax Seed Bread

## Canned Goods

### Amy's

Organic Refried Black Beans

## Cereal

### Arrowhead Mills

Organic Rice & Shine Hot Cereal  
Sweetened Organic Rice Flakes

### Bakery On Main

Apple Raisin Walnut Gluten Free Granola  
Cranberry Orange Cashew Gluten Free Granola  
Nutty Cranberry Gluten Free Granola

### Bob's Red Mill

GlutenFree Rolled Oats  
Organic Brown Rice Farina Creamy Rice Hot Cereal

## Cereal (Cont'd)

### EnviroKidz

Amazon Frosted Flakes Organic Cereal  
Gorilla Munch Organic Cereal  
Koala Crisp 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 Monterey Jack  
Vegan Gourmet Mozzarella Cheese

## Chips, Pretzels and Snacks

### Food Should Taste Good

Buffalo Tortilla Chips 6 oz  
Jalapeno Tortilla Chips 1.5 oz  
Lime Tortilla Chips 5.5 oz  
Multigrain Tortilla Chips 1.5 oz  
Sweet Potato Tortilla Chips 6 oz  
Yellow Corn Tortilla Chips 11 oz

### Food Should Taste Good

Multigrain Tortilla Chips 6 oz

### Lundberg Farms

Buttery Caramel Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Koku Seaweed Rice Cakes  
Organic Mochi Sweet Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Unsalted Brown Rice Cakes  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips

### Mary's Gone Crackers

Sticks & Twigs, Curry  
Sticks & Twigs, Sea Salt

## Chips, Pretzels and Snacks (Cont'd)

### Mr. Krispers

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, Herbs de Provence Vinaigrette

Organic Dressing, Sesame Goddess

### Spectrum

Canola Mayonnaise 16 oz

Light Canola Eggless Mayonnaise 16 oz

Light Canola Eggless Mayonnaise, Squeeze Bottle

Organic Soy Mayonnaise 16 oz

Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Enjoy Life

Soft Baked Chewy Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked No-Oats "Oatmeal" Cookie

Soft Baked Snickerdoodle Cookies

### EnviroKidz

Koala Organic Crispy Rice Bars, Chocolate

Penguin Organic Crispy Rice Bars, Fruity Burst

### Pamela's Products

Ginger Cookies with Sliced Almonds

Peanut Butter Cookies

## Crackers

### Foods Alive

Original Organic Flax Crackers

## Crackers (Cont'd)

### Mary's Gone Crackers

Crackers, Black Pepper

Crackers, Caraway

Crackers, Herb

Crackers, Onion

Crackers, Original

## Dairy

### Earth Balance

Buttery Spread with Olive Oil

Organic Whipped Buttery Spread

Original Buttery Spread

Soy Free Buttery Spread

Soy Garden Buttery Spread

## Dairy Alternatives

### Follow Your Heart

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

### So Delicious

Blueberry Agave Sweetened Soy Yogurt

Blueberry Cultured Coconut Milk Yogurt

Chocolate Cultured Coconut Milk Yogurt

French Vanilla Coconut Milk Creamer

Original (Plain) Coconut Milk Beverage

Original (Plain) Coconut Milk Creamer

Original (Plain) Coconut Milk Kefir

Plain Agave Sweetened Soy Yogurt

Plain Cultured Coconut Milk Yogurt

Raspberry Cultured Coconut Milk 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 Cultured Coconut Milk Yogurt

### WestSoy

Plus Soy Beverage, Vanilla 32 oz

Soy Beverage, Unsweetened Chocolate 32 oz

## **Deli Style Meats and Cheeses**

### **Applegate Farms**

- Sliced Black Forest Ham
- Sliced Honey Maple Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Smoked Turkey
- Sliced Oven Roasted Sliced Turkey
- Sliced Smoked Turkey

## **Ethnic Foods**

### **Amy's**

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

### **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 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

## **Frozen Foods (Cont'd)**

### **French Meadow Bakery**

- Gluten Free Chocolate Chip Cookie Dough

### **Ian's Natural Foods**

- Chicken Fingers, Allergen Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Kids Meal, Mac No Cheese

### **Purely Decadent**

- Belgian Chocolate 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
- Peanut Butter Zig Zag 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
- Kidz Assorted Fruit Pops
- Raspberry Agave Sweetened Fruit Bar
- Vanilla Bar, Made with Coconut Milk

### **Sweet Nothings**

- Non-Dairy Fudge Bar

### **Van's**

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

## Grains and Rice

### Ancient Harvest

- Inca Red Organic Quinoa 12 oz
- Traditional Organic Quinoa 12 oz

### Lundberg Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Basmati Rice
- Organic California Brown Basmati Rice
- Organic California White Jasmine Rice
- Organic Long Grain Brown Rice
- Organic Quick Wild Rice
- Organic Short Grain Brown Rice

## Jams and Nut Butters

### Earth Balance

- Creamy Natural Almond Butter
- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

## Meat and Poultry

### Applegate Farms

- Big Apple Hot Dogs
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Sliced Sunday Bacon
- Organic Sweet Italian Sausage
- Organic Turkey Hot Dogs
- Sliced Organic Turkey Bacon

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### DeBoles Foods

- Corn Elbow Pasta
- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Lasagna
- Rice Penne
- Rice Spirals

## Pasta (Cont'd)

### Lundberg Farms

- Organic Brown Rice Penne 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, Traditional

## Sauces, Salsas and Dips

### Amy's

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

### Organicville

- Organic Medium Salsa

## 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 Soup, Light in Sodium
- Organic Lentil Vegetable Soup
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Medium Chili with Vegetables
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili

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

### **Amy's**

- 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

### **Imagine Foods**

- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz
- Corn & Lemongrass Soup 32 oz
- No Chicken Broth 32 oz
- Organic Corn Soup, Low Sodium 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup, 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