

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Oracle 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.

..
..
--
--

Baked Goods

WFM Gluten Free Bakehouse

Carrot Cake
Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

Gluten Free Vanilla Cake Mix
Yellow Corn Meal

Baking Needs (Cont'd)

Bob's Red Mill

Arrowroot Starch Flour
Baking Powder
Brown Rice Flour
Cornstarch
Flaxseed Meal
Flaxseeds
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Biscuit & Baking Mix
Gluten Free Chocolate Cake Mix
Gluten Free Chocolate Chip Cookie Mix
Gluten Free Cinnamon Raisin Bread
Gluten Free Cornbread Mix
Gluten Free Hearty Whole Grain Bread Mix
Gluten Free Homemade Wonderful Bread Mix
Gluten Free Pizza Crust Mix
GlutenFree Rolled Oats
Hemp Protein Powder

Baking Needs (Cont'd)

Bob's Red Mill

- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Potato Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen Gluten Free Dreams

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

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Chocolate Truffle Brownie Mix
- Muffins & Scone Mix
- Perfect Pie Crust Mix

Namaste

- Bread Mix
- Cookie Mix
- Vanilla Cake Mix

Pamela's Products

- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix

Beverages

Celestial Seasonings

- Antioxidant Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Candy Cane Lane Decaf Tea, 20 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Cool Brew Blueberry Iced Green Tea, 40 Ct
- Decaf Mint Green Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- 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
- True Blueberry, 20 Ct

So Delicious

- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

Bread

French Meadow Bakery

- Gluten Free Tortillas, 7"

Glutino

- Premium Brown Rice Bread, Homestyle
- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed 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
- Boom Choco Boom Dark Chocolate Bar

Canned Goods

Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans, Low in Sodium
- Organic Traditional Refried Beans

Canned Goods (Cont'd)

Amy's

Organic Traditional Refried Beans, Light in Sodium

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Maple Buckwheat Organic Flakes

Bakery On Main

Apple Raisin Walnut Gluten Free Granola
Cranberry Orange Cashew Gluten Free Granola
Extreme Fruit & Nut Gluten Free Granola

Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal
GlutenFree Rolled Oats

Enjoy Life

Cinnamon Crunch Granola
Cranapple Crunch Granola

EnviroKidz

Amazon Frosted Flakes Organic Cereal
Gorilla Munch Organic Cereal
Gorilla Munch Organic Cereal, 23 oz
Koala Crisp Organic Cereal
Koala Crisp Organic Cereal, 26 oz
Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
Peanut Butter Panda Puffs 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 Cornflakes
Organic Mesa Sunrise Cereal
Organic Mesa Sunrise Cereal, 26.4 oz

Cheese

Follow Your Heart

Vegan Gourmet Monterey Jack
Vegan Gourmet Mozzarella Cheese
Vegan Gourmet Sour Cream

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
Olive Tortilla Chips 1.5 oz
Potato & Chive Tortilla Chips 5.5 oz
Sweet Potato Tortilla Chips 6 oz

Food Should Taste Good

Chocolate Tortilla Chips 6 oz
Multigrain Tortilla Chips 6 oz
Olive Tortilla Chips 6 oz

Glutino

Pretzels, Sesame Rings
Pretzels, Sticks
Pretzels, Twists
Pretzels, Unsalted

Hain Pure Food

Mini Munch Rice Snacks, Honey Nut

Lundberg Farms

Brown Rice Cakes
Organic Koku Seaweed Rice Cakes
Organic Sea Salt Rice Chips
Organic Unsalted Brown Rice Cakes
Organic Wild Rice Cakes
Unsalted Brown Rice Cakes

Mary's Gone Crackers

Sticks & Twigs, Curry
Sticks & Twigs, Sea Salt
Sticks & Twigs, Tomato Chipotle

Condiments

Follow Your Heart

Organic Italian Vinaigrette Dressing
Vegenaise, Original

Condiments (Cont'd)

Organicville

- Organic Dressing, Miso Ginger 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, Squeeze Bottle
- Organic Olive Oil Mayonnaise
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise 16 oz

Cookies and Snack Bars

Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Graham Mini Cookies

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Chocolate Chip Cookie Pack
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- Soft Baked No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookie Pack
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
- Penguin Organic Crispy Rice Bars, Fruity Burst

Cookies and Snack Bars (Cont'd)

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry
- Breakfast Bars, Chocolate

Jennie's

- Coconut Macaroons

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Old Fashioned Raisin Walnut Cookies
- Organic Spicy Ginger Cookies
- 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, 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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Sour Cream

So Delicious

- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Creamer
- Pina Colada Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

So Delicious

- Plain Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Dairy Free Yogurt

WestSoy

- Longevity Soy Beverage, Vanilla 32 oz
- Plus Soy Beverage, Plain 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 Black Forest Ham
- 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 Pancetta
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Soppressata
- Sliced Turkey Bologna

Desserts

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chai with Almonds
- Cherry Chocolate

Energy and Nutrition Bars/Drinks (Cont'd)

Bumble Bar

- Chocolate Crisp
- Chunky Cherry
- Lushus Lemon
- Original with Almond

Entrees and Mixes

Bob's Red Mill

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

Cherrybrook Kitchen Gluten Free Dreams

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

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Namaste

- Bread Mix
- Cookie Mix
- Vanilla Cake Mix

Pamela's Products

- Dark Chocolate Frosting Mix

Ethnic Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Vegetable Enchilada
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl

French Meadow Bakery

- Gluten Free Tortillas, 7"

Frozen Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Bistro Veggie Burger
- Organic Black Bean Vegetable Enchilada
- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- 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

Ian's Natural Foods

- Chicken Patties, Wheat Free Gluten Free
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

Nature's Path

- Organic Homestyle Waffles

Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert

Purely Decadent

- Chocolate Non-Dairy Frozen Coconut Milk 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
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Snickerdoodle Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

So Delicious

- Coconut Almond Bar, Made with Coconut Milk
- Kidz Assorted Fruit Pops
- Vanilla Bar, Made with Coconut Milk

Sweet Nothings

- Non-Dairy Fudge Bar, 6-pack

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Homestyle Pancakes

Grains and Rice

Ancient Harvest

- Traditional Organic Quinoa 12 oz

Bob's Red Mill

- Organic Quinoa Grain

Lundberg Farms

- Eco-Farmed California White Basmati Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice

Jams and Nut Butters

Arrowhead Mills

- Creamy Peanut Butter, 26 oz
- Crunchy Peanut Butter, 26 oz
- Organic Creamy Peanut Butter, 16 oz
- Organic Crunchy Peanut Butter, 16 oz

Earth Balance

- Creamy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

WestSoy

Extra Firm Tofu, Tidal Wave 14 oz

Soft Tofu, Water-Pack 14 oz

Meat and Poultry

Applegate Farms

Organic Chicken Hot Dogs

Organic Fire Roasted Red Pepper Sausage

Organic Hot Dogs

Organic Sliced Sunday Bacon

Organic Sweet Italian Sausage

Organic Turkey Hot Dogs

Sliced Organic Turkey Bacon

Nutritional Supplements

Bob's Red Mill

Hemp Protein Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Flaxseeds

Hemp Protein Powder

Enjoy Life

Not Nuts! Beach Bash Trail Mix

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, Linguine 8 oz

Quinoa Supergrain Pasta, Spaghetti 8 oz

Bionaturae

Organic Gluten Free Elbows Pasta

Organic Gluten Free Penne Rigate

DeBoles Foods

Multi-Grain Penne

Rice Angel Hair Pasta

Pasta (Cont'd)

DeBoles Foods

Rice Spaghetti

Lundberg Farms

Organic Brown Rice Penne Pasta

Organic Brown Rice Spaghetti Pasta

Namaste

Pasta Pisavera

Pasta Sauce

Amy's

Organic Family Marinara Pasta Sauce

Organic Low Sodium Marinara Sauce

Organic Tomato Basil Pasta Sauce, Light in Sodium

Sauces, Salsas and Dips

Organicville

Organic Mild Salsa

Soups

Amy's

Organic Black Bean 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, Light in Sodium

Organic Medium Chili

Organic Medium Chili with Vegetables

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

Free Range Chicken Broth 32 oz

No Chicken Broth 32 oz

Organic Chicken Broth, Low Sodium 32 oz

Soups (Cont'd)

Imagine Foods

- 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

Spices and Seasonings

Bob's Red Mill

- Cornstarch