

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Redondo 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.

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Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Buckwheat Flour
Gluten Free Brownie Mix
Gluten Free Chocolate Chip Cookie Mix
Gluten Free Pancake & Baking Mix
Soy Flour
Yellow Corn Meal

Baking Needs (Cont'd)

Bob's Red Mill

Almond Flour
Baking Powder
Brown Rice Flour
Cornstarch
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 Garbanzo & Fava Bean Flour
Gluten Free Pizza Crust Mix
Gluten Free Sweet White Sorghum Flour
Hazelnut Meal/Flour
Organic Amaranth Flour
Organic Coconut Flour
Organic Flaxseed Meal
Organic Golden Flaxseed Meal

Baking Needs (Cont'd)

Bob's Red Mill

- Organic Quinoa Flour
- Organic White Rice Flour
- Potato Flour
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Chocolate Truffle Brownie Mix
- Perfect Pie Crust Mix

Namaste

- Muffin Mix
- Spice Cake Mix

Pamela's Products

- Dark Chocolate Frosting 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
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Cool Brew Blueberry Iced Green Tea, 40 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Echinacea Complete Care Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Nutcracker Sweet Herbal Tea

Beverages (Cont'd)

Celestial Seasonings

- Peppermint Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sugar Plum Spice, 20 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 Brown Rice Bread, Homestyle
- Premium Corn Bread
- Premium Fiber 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, Low in Sodium
- Organic Traditional Refried Beans
- Organic Traditional Refried Beans, Light in Sodium

Cereal

Amy's

- Organic Cream of Rice Hot Cereal Bowl

Cereal (Cont'd)

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Maple Buckwheat Organic Flakes

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

Organic Buckwheat Groats

Organic Creamy Buckwheat Hot Cereal

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

Lundberg Farms

Organic Pure Creamy Rice Cereal

Nature's Path

Organic Crispy Rice Cereal

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

Vegan Gourmet Sour Cream

Chips, Pretzels and Snacks

Food Should Taste Good

Buffalo Tortilla Chips 6 oz

Cinnamon Tortilla Chips 5.5 oz

Jalapeno Tortilla Chips 1.5 oz

Lime Tortilla Chips 5.5 oz

Multigrain Tortilla Chips 1.5 oz

Multigrain Tortilla Chips 12 oz

Olive Tortilla Chips 1.5 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

Chocolate Tortilla Chips 6 oz

Jalapeno Tortilla Chips 6 oz

Multigrain Tortilla Chips 6 oz

Olive Tortilla Chips 6 oz

Glutino

Pretzels, Sticks

Pretzels, Twists

Lundberg Farms

Brown Rice Cakes

Buttery Caramel Rice Cakes

Organic Brown Rice Cakes

Organic Koku Seaweed Rice Cakes

Organic Mochi Sweet Rice Cakes

Organic Popcorn Rice Cakes

Organic Sea Salt Rice Chips

Organic Sesame Tamari Rice Cakes

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

Caesar Dressing

Honey Mustard Dressing

Lemon Herb Dressing

Organic Creamy Miso Ginger Dressing

Organic Italian Vinaigrette Dressing

Sesame Miso Dressing

Thousand Island Dressing

Condiments (Cont'd)

Follow Your Heart

Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil

Vegenaise, Original

Organicville

Organic Dressing, French

Organic Dressing, Orange Cranberry Vinaigrette

Organic Ketchup

Organic Tangy BBQ Sauce

Spectrum

Canola Mayonnaise 16 oz

Light Canola Eggless Mayonnaise 16 oz

Light Canola Eggless Mayonnaise 32 oz

Light Canola Eggless Mayonnaise, Squeeze Bottle

Organic Olive Oil Mayonnaise

Organic Soy Mayonnaise 16 oz

Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Arico

Almond Cranberry Cookies

Bakery On Main

Extreme Trail Mix Granola Bars

Peanut Butter Chocolate Chip Granola Bars

Enjoy Life

Caramel Apple Snack Bars

Soft Baked Chewy Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookie

Soft Baked Happy Apple Cookies

Soft Baked Lively Lemon Cookies

Soft Baked Snickerdoodle Cookies

Sunbutter Crunch Snack Bars

EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry

Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle

Panda Organic Crispy Rice Bars, Peanut Butter

Cookies and Snack Bars (Cont'd)

EnviroKidz

Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

Pamela's Products

Ginger Cookies with Sliced Almonds

Old Fashioned Raisin Walnut Cookies

Crackers

Foods Alive

Original Organic Flax 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 Cream Cheese

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Sour Cream

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

Dairy Alternatives (Cont'd)

So Delicious

Passionate Mango Cultured Coconut Milk Yogurt
Pina Colada Cultured Coconut Milk Yogurt
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
Unsweetened Coconut Milk Beverage
Vanilla Coconut Milk Beverage
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

Organic Sliced Oven Roasted Chicken
Salametti
Sliced Authentic Prosciutto
Sliced Black Forest Ham
Sliced Genoa Salami
Sliced Organic Herb Turkey
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 Pepperoni
Sliced Slow Cooked Ham
Sliced Soppressata
Sliced Turkey Bologna
Sliced Turkey Salami

Energy and Nutrition Bars/Drinks

Bumble Bar

Chocolate Crisp
Original with Almond

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix
Gluten Free Chocolate Chip Cookie Mix

Bob's Red Mill

Gluten Free Chocolate Cake Mix
Gluten Free Chocolate Chip Cookie Mix

Cherrybrook Kitchen

Chocolate Frosting Mix
Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

Lundberg Farms

Organic Florentine Risotto
Organic Tuscan Risotto

Namaste

Muffin Mix
Spice Cake Mix

Pamela's Products

Dark Chocolate Frosting 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

Food Merchants

Organic Polenta, Green Chili & Cilantro

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Amy's

- Kids Baked Ziti Meal
- Organic Asian Noodle Stir-Fry
- Organic Baked Ziti Bowl
- 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, Black-Eyed Peas & Veggies Bowl
- Organic Cream of Rice Hot Cereal 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, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Tofu Scramble

French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

Ian's Natural Foods

- Chicken Patties, Wheat Free Gluten Free
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs

Nature's Path

- Organic Buckwheat Wildberry Waffles

Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Purely Decadent

- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Key Lime Pie Non-Dairy Frozen Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen 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
- Kidz Assorted Fruit Pops
- Strawberry Agave Sweetened Fruit Bar
- Vanilla Bar, Made with Coconut Milk

Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Halibut

Sweet Nothings

- Non-Dairy Fudge Bar, 6-pack

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles
- Wheat Free Mini Homestyle Waffles

Grains and Rice

Ancient Harvest

- Inca Red Organic Quinoa 12 oz

Bob's Red Mill

- Rice Bran

Lundberg Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Jasmine Rice
- Eco-Farmed Countrywild Gourmet Blend Rice

Grains and Rice (Cont'd)

Lundberg Farms

- Eco-Farmed Long Grain Brown Rice
- Eco-Farmed Short Grain 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 White Long Grain Rice
- Organic Wild Rice

Jams and Nut Butters

Earth Balance

- Creamy Natural Almond Butter
- Crunchy Natural Peanut Butter

Meat and Poultry

Applegate Farms

- 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 Sweet Italian Sausage
- Organic Turkey Hot Dogs
- Sliced Organic Turkey Bacon

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Flaxseeds

Pasta

Ancient Harvest

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

Pasta (Cont'd)

DeBoles Foods

- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Fettuccine
- Rice Lasagna

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, Green Chili & Cilantro

Sauces, Salsas and Dips

Amy's

- Organic Medium Salsa
- Organic Mild Salsa

Organicville

- Organic Island Teriyaki
- Organic Mild Salsa
- Organic Sesame Teriyaki

Seafood

Starfish

- Crispy Battered Gluten Free Cod
- 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
- 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 Medium Chili, Light in Sodium
- 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)
- Organic Tuscan Bean & Rice Soup

Imagine Foods

- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 16 oz
- Corn & Lemongrass Soup 32 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 Tomato Soup, Low Sodium 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