

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Raintree 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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### Baked Goods

#### WFM Gluten Free Bakehouse

Carrot Cake

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free Chocolate Chip Cookie Mix  
White Rice Flour  
Yellow Corn Meal

### Baking Needs (Cont'd)

#### Bob's Red Mill

Almond Flour  
Arrowroot Starch Flour  
Cornstarch  
Flaxseed Meal  
Gluten Free All Purpose Baking Flour  
Gluten Free Cinnamon Raisin Bread  
Gluten Free Cornbread Mix  
Gluten Free Sweet White Sorghum Flour  
GlutenFree Rolled Oats  
Hazelnut Meal/Flour  
Hemp Protein Powder  
Organic Amaranth Flour  
Organic Brown Rice Flour  
Organic Coconut Flour  
Organic Golden Flaxseed Meal  
Potato Starch  
Tapioca Flour  
Teff Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

Xanthan Gum

### Cherrybrook Kitchen

Vanilla Frosting Mix

### Earth Balance

Shortening

### Enjoy Life

Semi-Sweet Chocolate Chips

### Namaste

Blondie Mix

Bread Mix

Cookie Mix

Vanilla Cake Mix

Waffle & Pancake Mix

### Pamela's Products

Classic Vanilla Cake Mix

Vanilla Frosting Mix

## Beverages

### Celestial Seasonings

Candy Cane Lane Decaf Tea, 20 Ct

Chai Honey Vanilla White Tea, 20 Ct

Chamomile Tea, 20 Ct

China Pearl White Tea, 20 Ct

Cool Brew Blueberry Iced Green Tea, 40 Ct

Decaf Green Tea, 25 Ct

Mint Magic Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Throat Tamer Tea, 20 Ct

Tension Tamer Tea, 20 Ct

True Blueberry, 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

## Bread (Cont'd)

### Glutino

Premium Fiber Bread

Premium Flax Seed Bread

Premium Pizza Crusts

## 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

Organic Refried Black Beans, Low in Sodium

Organic Traditional Refried Beans

Organic Traditional Refried Beans, Light in Sodium

Organic Vegetarian Baked Beans

## Cereal

### Amy's

Organic Cream of Rice Hot Cereal Bowl

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

### Bakery On Main

Cranberry Orange Cashew Gluten Free Granola

Extreme Fruit & Nut Gluten Free Granola

Nutty Cranberry Gluten Free Granola

Rainforest Gluten Free Granola

### Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

## Cereal (Cont'd)

### Bob's Red Mill

Organic Brown Rice Farina Creamy Rice Hot Cereal  
Organic Creamy Buckwheat Hot Cereal

### EnviroKidz

Amazon Frosted Flakes Organic Cereal  
Gorilla Munch Organic Cereal  
Koala Crisp Organic Cereal  
Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal  
Peanut Butter Panda Puffs Organic Cereal

### Lundberg Farms

Organic Pure Creamy Rice Cereal

### Nature's Path

Organic Fruit Juice Sweetened Corn Flakes  
Organic Honey'd Cornflakes  
Organic Mesa Sunrise Cereal

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Mozzarella Cheese  
Vegan Gourmet Nacho Cheese

## Chips, Pretzels and Snacks

### Arico

Cassava Chips, Sea Salt Mist

### Food Should Taste Good

Buffalo Tortilla Chips 6 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 oz

### Food Should Taste Good

Chocolate Tortilla Chips 6 oz  
Jalapeno Tortilla Chips 6 oz  
Multigrain Tortilla Chips 6 oz

### Glutino

Pretzels, Sticks  
Pretzels, Twists

### Lundberg Farms

Organic Brown Rice Cakes  
Organic Popcorn Rice Cakes

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

### Lundberg Farms

Organic Sea Salt Rice Chips  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips

### Mary's Gone Crackers

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

## Condiments

### Follow Your Heart

Unforgettables Balsamic Vinaigrette Sauce  
Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil  
Vegenaise, Original

### Organicville

Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce  
Organic Tangy BBQ Sauce

### Spectrum

Light Canola Eggless Mayonnaise 16 oz  
Organic Olive Oil Mayonnaise  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini Cookies  
Vanilla Graham Mini Cookies

### 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 Double Chocolate Brownie Cookies  
Sunbutter Crunch Snack Bars  
Very Berry Snack Bars

### **EnviroKidz**

Cheetah Organic Crispy Rice Bars, Berry  
Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle  
Panda Organic Crispy Rice Bars, Peanut Butter

### **Glutino**

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

### **Jennie's**

Coconut Macaroons

### **Pamela's Products**

Old Fashioned Raisin Walnut Cookies  
Peanut Butter Cookies  
Simplebites Extreme Chocolate Mini Cookies  
Simplebites Ginger Mini Snapz

## **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

## **Dairy Alternatives**

### **Follow Your Heart**

Vegan Gourmet Cheddar  
Vegan Gourmet Mozzarella Cheese  
Vegan Gourmet Nacho Cheese

## **Dairy Alternatives (Cont'd)**

### **So Delicious**

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  
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  
Strawberry Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Agave Sweetened Soy Yogurt  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

## **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 Turkey  
Sliced Organic Uncured Ham  
Sliced Oven Roasted Sliced Turkey  
Sliced Pancetta  
Sliced Pepperoni  
Sliced Turkey Bologna  
Sliced Turkey Salami

## Desserts

### French Meadow Bakery

Gluten Free Fudge Brownie

### WFM Gluten Free Bakehouse

Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

Chai with Almonds  
Chocolate Crisp  
Chunky Cherry  
Original with Almond  
Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Pizza Crust Mix

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen

Vanilla Frosting Mix

### Lundberg Farms

Organic Tuscan Risotto

### Namaste

Blondie Mix  
Bread Mix  
Cookie Mix  
Vanilla Cake Mix  
Waffle & Pancake Mix

### Pamela's Products

Vanilla 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 Indian Mattar Tofu  
Organic Indian Vegetable Korma  
Organic Roasted Vegetable Tamale Whole Meal

## Ethnic Foods (Cont'd)

### Amy's

Organic Thai Stir-Fry

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Sundried Tomato & Garlic  
Organic Polenta, Traditional

### Organicville

Organic Sesame Teriyaki

### World Foods

Thai Green Curry Ready To Pour Sauce  
Thai Red Curry Ready To Pour Sauce  
Thai Sweet Chili with Kaffir Lime Dipping Sauce

## Frozen Foods

### Amy's

Kids Baked Ziti Meal  
Organic Asian Noodle Stir-Fry  
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 Cream of Rice Hot Cereal Bowl  
Organic Indian Mattar Tofu  
Organic Indian Vegetable Korma  
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 Thai Stir-Fry

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough  
Gluten Free Fudge Brownie

## Frozen Foods (Cont'd)

### Gluten Free Cafe

Asian Noodles

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Lightly Battered Fish, Wheat Free Gluten Free  
Wafflewich, Egg & Maple Sausage, Wheat Free  
Gluten Free

### It's Soy Delicious

Chocolate Peanut Butter 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

Mint Marble Fudge Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert  
Non-Dairy Vanilla and Almonds Bar

### 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  
Dulce De Leche Non-Dairy Frozen Dessert  
Key Lime Pie Non-Dairy Frozen Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Coconut  
Milk Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk  
Dessert  
Purely Vanilla Non-Dairy Frozen Dessert  
Snickerdoodle Non-Dairy Frozen Dessert  
Turtle Trails Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert

### So Delicious

Kidz Assorted Fruit Pops  
Orange Passion Fruit Agave Sweetened Fruit Bar  
Raspberry Agave Sweetened Fruit Bar  
Vanilla Bar, Made with Coconut Milk

### Starfish

Crispy Battered Gluten Free Cod

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Flax Waffles  
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 Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California White Basmati Rice  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice  
Organic White Long Grain Rice

## Jams and Nut Butters

### Earth Balance

Crunchy Natural Peanut Butter

## Meat Alternatives

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### WestSoy

Extra Firm Tofu, Vacuum-Pack 12 oz  
Soft Tofu, Water-Pack 14 oz

## Meat and Poultry

### Applegate Farms

- Chicken Hot Dogs
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- 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

- Hemp Protein Powder
- Hulled Hemp Seeds

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Linguine 8 oz

### Bionaturae

- Organic Gluten Free Elbows Pasta

### DeBoles Foods

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

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta
- Organic Brown Rice Spaghetti Pasta

### Namaste

- Pasta Pisavera
- Say Cheez Pasta
- Taco Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

- Organic Medium Salsa
- Organic Mild Salsa

### Follow Your Heart

- Unforgettables Balsamic Vinaigrette Sauce

### Organicville

- Organic Sesame Teriyaki

### World Foods

- Thai Green Curry Ready To Pour Sauce
- Thai Red Curry Ready To Pour Sauce
- Thai Sweet Chili with Kaffir Lime Dipping Sauce

## Seafood

### Starfish

- Crispy Battered Gluten Free Cod

## Soups

### Amy's

- Organic Black Bean Chili
- Organic Chunky Vegetable Soup
- Organic Lentil Soup
- Organic Lentil Vegetable Soup
- Organic Medium Chili
- Organic Medium Chili with Vegetables
- Organic Split Pea Soup, Light in Sodium
- Organic Tuscan Bean & Rice Soup

### Imagine Foods

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz

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

### **Imagine Foods**

- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Acorn Squash & Mango Soup 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Corn Soup, Low Sodium 32 oz
- Organic Portabello Mushroom Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 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**

- Organic Brown Rice Syrup