

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sherman Oaks West 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

Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Gluten Free All Purpose Baking Mix  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Millet Flour

### Baking Needs (Cont'd)

#### Arrowhead Mills

Soy Flour  
White Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Active Dry Yeast  
Baking Soda  
Cornstarch  
Flaxseed Meal  
Flaxseeds  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Chocolate Cake Mix  
Gluten Free Cornbread Mix  
Gluten Free Hearty Whole Grain Bread Mix  
Gluten Free Pancake Mix  
Gluten Free Pizza Crust Mix  
GlutenFree Rolled Oats

## Baking Needs (Cont'd)

### Bob's Red Mill

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

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix

### Earth Balance

- Shortening

### Gluten Free Pantry

- Muffins & Scone Mix
- Perfect Pie Crust Mix
- Spice Cake & Gingerbread Mix

### Hain

- Baking Powder

### Pamela's Products

- Chocolate Cake Mix
- Cornbread & Muffin Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix & Flour Blend
- Vanilla Frosting Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger 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
- China Pearl White Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion

## Beverages (Cont'd)

### Celestial Seasonings

- Cranberry Apple Zinger Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Perfectly Plum White Tea, 20 Ct
- Raspberry 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 Strawberry, 20 Ct
- True Blueberry, 20 Ct
- Wild Berry 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

## Candy and Chocolate

### Enjoy Life

- 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

## Canned Goods (Cont'd)

### Amy's

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  
Organic Yellow Corn Grits  
Sweetened Organic Rice Flakes

### Bakery On Main

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

### Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal  
GlutenFree Rolled Oats

### EnviroKidz

Gorilla Munch Organic Cereal  
Koala Crisp Organic Cereal  
Koala Crisp Organic Cereal, 26 oz  
Peanut Butter Panda Puffs Organic Cereal  
Peanut Butter Panda Puffs Organic Cereal, 25 oz

### Lundberg Farms

Organic Pure Creamy Rice Cereal

### Nature's Path

Organic Crispy Rice Cereal  
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 Monterey Jack  
Vegan Gourmet Mozzarella Cheese  
Vegan Gourmet Sour Cream

## Chips, Pretzels and Snacks

### Arico

Cassava Chips, Barbecue Bliss  
Cassava Chips, Ginger on Fire  
Cassava Chips, Original

### Food Should Taste Good

Buffalo Tortilla Chips 6 oz  
Cinnamon Tortilla Chips 5.5 oz  
Lime Tortilla Chips 5.5 oz  
Multigrain Tortilla Chips 12 oz  
Olive Tortilla Chips 1.5 oz  
Potato & Chive Tortilla Chips 5.5 oz  
The Works! Tortilla Chips 6 oz

### Food Should Taste Good

Chocolate Tortilla Chips 6 oz  
Jalapeno Tortilla Chips 6 oz  
Olive Tortilla Chips 6 oz

### Glutino

Pretzels, Sesame Rings  
Pretzels, Unsalted

### 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 Tamari Seaweed 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

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

### **Mary's Gone Crackers**

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

## **Condiments**

### **Follow Your Heart**

Honey Mustard Dressing  
Lemon Herb Dressing  
Organic Italian Vinaigrette Dressing  
Sesame Miso Dressing  
Thousand Island Dressing  
Unforgettables Balsamic Vinaigrette Sauce  
Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil  
Vegenaise, Original

### **Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Ketchup  
Organic Original BBQ Sauce

### **Spectrum**

Canola Mayonnaise 16 oz  
Organic Olive Oil Mayonnaise  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## **Cookies and Snack Bars**

### **Arico**

Almond Cranberry Cookies

### **Enjoy Life**

Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Happy Apple Cookies  
Soft Baked Lively Lemon Cookies  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### **EnviroKidz**

Cheetah Organic Crispy Rice Bars, Berry  
Koala Organic Crispy Rice Bars, Chocolate

## **Cookies and Snack Bars (Cont'd)**

### **EnviroKidz**

Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle  
Panda Organic Crispy Rice Bars, Peanut Butter  
Penguin Organic Crispy Rice Bars, Fruity Burst

### **Glutino**

Breakfast Bars, Apple  
Breakfast Bars, Blueberry  
Breakfast Bars, Cranberry

### **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, 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 Monterey Jack  
Vegan Gourmet Mozzarella Cheese  
Vegan Gourmet Sour Cream

## Dairy Alternatives (Cont'd)

### So Delicious

Blueberry Agave Sweetened Soy Yogurt  
Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
French Vanilla Coconut Milk Creamer  
Hazelnut Coconut Milk Creamer  
Original (Plain) Coconut Milk Beverage  
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  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Longevity Soy Beverage, Vanilla 32 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 Pepperoni  
Sliced Slow Cooked Ham  
Sliced Smoked Turkey  
Sliced Soppressata

## Deli Style Meats and Cheeses (Cont'd)

### Applegate Farms

Sliced Turkey Bologna  
Sliced Turkey Salami

### Desserts

#### French Meadow Bakery

Gluten Free Fudge Brownie

## Energy and Nutrition Bars/Drinks

### Bumble Bar

Awesome Apricot  
Chai with Almonds  
Chunky Cherry  
Original with Almond  
Tasty Tropical

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking Mix

### Bob's Red Mill

Gluten Free Chocolate Cake Mix  
TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen

Chocolate Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

### Lundberg Farms

Organic Florentine Risotto

### Pamela's Products

Dark Chocolate Frosting Mix  
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 Black Bean Vegetable Enchilada

## Ethnic Foods (Cont'd)

### Amy's

- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

- Organic Polenta, Green Chili & Cilantro
- Organic Polenta, Sundried Tomato & Garlic
- Organic Quinoa Polenta, Heirloom Red & Black

## 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 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 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
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

## Frozen Foods (Cont'd)

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough
- Gluten Free Fudge Brownie

### Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free
- Lightly Battered Fish, Wheat Free Gluten Free

### It's Soy Delicious

- Almond Pecan Non-Dairy Frozen Dessert
- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Almond Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

### Nature's Path

- Organic Buckwheat Wildberry Waffles

### Organic So Delicious

- Creamy Vanilla Non-Dairy Frozen Dessert
- Strawberry Non-Dairy Frozen Dessert

### Purely Decadent

- 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
- 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
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert

### So Delicious

- Kidz Assorted Fruit Pops

## Frozen Foods (Cont'd)

### So Delicious

Orange Passion Fruit Agave Sweetened Fruit Bar  
Raspberry Agave Sweetened Fruit Bar  
Strawberry Agave Sweetened Fruit Bar

### Starfish

Crispy Battered Gluten Free Cod

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Flax Waffles  
Wheat Free French Toast Sticks Cinnamon  
Wheat Free Homestyle Pancakes

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz  
Traditional Organic Quinoa 12 oz

### Lundberg Farms

Eco-Farmed California White Arborio Rice  
Eco-Farmed Countrywild Gourmet Blend Rice  
Eco-Farmed Jubilee Gourmet Blend Rice  
Eco-Farmed Short Grain Brown Rice  
Organic California White Basmati Rice  
Organic California White Jasmine Rice  
Organic Long Grain Brown Rice  
Organic White Long Grain Rice

## Jams and Nut Butters

### Arrowhead Mills

Creamy Peanut Butter, 16 oz  
Crunchy Peanut Butter, 16 oz

### Earth Balance

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

## Meat Alternatives

### Bob's Red Mill

TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

Big Apple Hot Dogs  
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 Sliced Sunday Bacon  
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, Garden Pagodas 8 oz  
Quinoa Supergrain Pasta, Linguine 8 oz  
Quinoa Supergrain Pasta, Rotelle 8 oz  
Quinoa Supergrain Pasta, Shells 8 oz  
Quinoa Supergrain Pasta, Veggie Curlys 8 oz

### Bionaturae

Organic Gluten Free Fusilli  
Organic Gluten Free Spaghetti

### DeBoles Foods

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

### 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, Light in Sodium

## Prepared Foods

### Food Merchants

- Organic Polenta, Green Chili & Cilantro
- Organic Polenta, Sundried Tomato & Garlic
- Organic Quinoa Polenta, Heirloom Red & Black

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Mild Salsa

### Follow Your Heart

- Unforgettables Balsamic Vinaigrette Sauce

## Seafood

### Starfish

- Crispy Battered Gluten Free Cod

## Soups

### Amy's

- Organic Black Bean Chili
- 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, Light in Sodium
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup

## Soups (Cont'd)

### Amy's

- 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 Acorn Squash & Mango Soup 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Portabello Mushroom Soup 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Sweet Pea 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

## Sweeteners

### Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup