

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Santa Monica 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  
Molasses Ginger Cookies

### Baking Needs

#### Ancient Harvest

Organic Quinoa Flour 18 oz

#### Arrowhead Mills

Gluten Free Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Pancake & Baking Mix

### Baking Needs (Cont'd)

#### Arrowhead Mills

Gluten Free Vanilla Cake Mix  
Long Grain Brown Rice Flour  
Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Baking Powder  
Baking Soda  
Cornstarch  
Flaxseed Meal  
Flaxseeds  
Gluten Free All Purpose Baking Flour  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Cornmeal  
Gluten Free Homemade Wonderful Bread Mix  
Gluten Free Sweet White Sorghum Flour  
Hemp Protein Powder  
Organic Coconut Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Quinoa Flour
- Potato Flour
- Potato Starch
- Sweet White Rice Flour
- White Rice Flour
- Xanthan Gum

### Chebe

- All-Purpose Mix
- Cinnamon Rolls Mix

### Cherrybrook Kitchen

- Chocolate Frosting Mix

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- French Bread & Pizza Mix
- Old Fashioned Cake & Cookie Mix
- Perfect Pie Crust Mix

### Hain

- Baking Powder

### Namaste

- Cookie Mix
- Muffin Mix

### Pamela's Products

- Confetti Frosting Mix
- Dark Chocolate Frosting Mix

## Beverages

### Celestial Seasonings

- Bengal Spice Tea, 20 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mint Green Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Lemon Zinger Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Grapefruit Green Tea, 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 Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Flax Seed Bread

## 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

## Cereal (Cont'd)

### Arrowhead Mills

Organic Yellow Corn Grits  
Sweetened Organic Rice Flakes

### Bakery On Main

Cranberry Orange Cashew Gluten Free Granola

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal  
Organic Creamy Buckwheat Hot Cereal

### Enjoy Life

Cinnamon Crunch Granola  
Very Berry Crunch Granola

### 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 Crispy Rice Cereal  
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  
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 Nacho Cheese  
Vegan Gourmet Sour Cream

## Chips, Pretzels and Snacks

### Arico

Cassava Chips, Barbecue Bliss  
Cassava Chips, Ginger on Fire  
Cassava Chips, Original  
Cassava Chips, Sea Salt Mist

### Food Should Taste Good

Multigrain Tortilla Chips 1.5 oz  
Multigrain Tortilla Chips 12 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  
Olive Tortilla Chips 6 oz

### Glutino

Pretzels, Twists  
Pretzels, Unsalted

### Hain Pure Food

Mini Munch Rice Snacks, Apple Cinnamon  
Mini Munch Rice Snacks, Honey Nut

### Lundberg Farms

Buttery Caramel Rice Cakes  
Organic Brown Rice Cakes  
Organic Koku Seaweed Rice Cakes  
Organic Popcorn Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips  
Unsalted Brown Rice Cakes

### Mary's Gone Crackers

Sticks & Twigs, Curry  
Sticks & Twigs, Sea Salt

## Condiments

### Follow Your Heart

Honey Mustard Dressing  
Lemon Herb Dressing  
Organic Balsamic Vinaigrette Dressing  
Organic Creamy Miso Ginger Dressing  
Organic Italian Vinaigrette Dressing  
Sesame Miso Dressing  
Thousand Island Dressing

## Condiments (Cont'd)

### Follow Your Heart

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

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sesame Goddess  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup

### 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 Roasted Garlic Mayonnaise 12 oz  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle  
Organic Wasabi Mayonnaise 12 oz

## Cookies and Snack Bars

### Enjoy Life

Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked No-Oats "Oatmeal" Cookie  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry  
Koala Organic Crispy Rice Bars, Chocolate  
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  
Organic Spicy Ginger Cookies  
Peanut Butter Cookies  
Simplebites Extreme Chocolate Mini Cookies  
Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

Molasses Ginger Cookies

## 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 Nacho Cheese  
Vegan Gourmet Sour Cream

## Dairy Alternatives (Cont'd)

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
French Vanilla Coconut Milk Creamer  
Original (Plain) Coconut Milk Beverage  
Passionate Mango Cultured Coconut Milk Yogurt  
Plain Agave Sweetened Soy 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, Plain 32 oz  
Organic Soy Beverage, Unsweetened Original 64 oz  
Plus Soy Beverage, Plain 32 oz  
Plus Soy Beverage, Vanilla 32 oz  
Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

Canadian Bacon  
Organic Sliced Oven Roasted Chicken  
Salametti  
Sliced Authentic Prosciutto  
Sliced Genoa Salami  
Sliced Hot Genoa Salami  
Sliced Hot Soppressata  
Sliced Organic Genoa Salami  
Sliced Organic Herb Turkey  
Sliced Organic Oven Roasted Turkey  
Sliced Organic Smoked Chicken  
Sliced Organic Smoked Turkey  
Sliced Organic Uncured Ham  
Sliced Pancetta  
Sliced Pepperoni  
Sliced Slow Cooked Ham  
Sliced Turkey Bologna  
Sliced Turkey Salami

## Desserts

### French Meadow Bakery

Gluten Free Fudge Brownie

### WFM Gluten Free Bakehouse

Carrot Cake

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Pizza Crust Mix

### Bob's Red Mill

Gluten Free Chocolate Chip Cookie Mix

### Chebe

Cinnamon Rolls Mix

### Cherrybrook Kitchen

Chocolate Frosting Mix

### Lundberg Farms

Organic Tuscan Risotto

### Namaste

Cookie Mix  
Muffin Mix

### Pamela's Products

Confetti Frosting Mix  
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  
Organic Thai Stir-Fry

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Green Chili & Cilantro

## Ethnic Foods (Cont'd)

### Food Merchants

Organic Polenta, Sundried Tomato & Garlic

### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

## Frozen Foods

### Amy's

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 Shepherd's Pie, Light in Sodium

Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza

Organic Teriyaki Bowl

Organic Thai Stir-Fry

Organic Tofu Scramble

### Applegate Farms

Maple Breakfast Sausage

Sage Breakfast Sausage

### French Meadow Bakery

Gluten Free Fudge Brownie

### Ian's Natural Foods

Chicken Fingers, Allergen Free

Chicken Patties, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

## Frozen Foods (Cont'd)

### Ian's Natural Foods

Ian's Fish Sticks, Allergen Free

Lightly Battered Fish, Wheat Free Gluten Free

### It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert

Green Tea Non-Dairy Frozen Dessert

Raspberry Non-Dairy Frozen Dessert

Vanilla Non-Dairy Frozen Dessert

### Nature's Path

Organic Buckwheat Wildberry Waffles

Organic Homestyle Waffles

Organic Mesa Sunrise Waffles

### Organic So Delicious

Mint Marble Fudge Non-Dairy Frozen Dessert

Mocha Fudge 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 (Gluten Free) Non-Dairy Frozen Dessert

Cookie Dough Non-Dairy Frozen Coconut Milk Dessert

Dulce De Leche 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

Mocha Almond Fudge Non-Dairy Frozen Dessert

Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

Praline Pecan Non-Dairy Frozen Dessert

Purely Vanilla Non-Dairy Frozen Dessert

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### So Delicious

- Creamy Orange Bar
- Creamy Raspberry Bar
- Vanilla Bar, Made with Coconut Milk

### Starfish

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

### Sweet Nothings

- Non-Dairy Fudge Bar
- Non-Dairy Fudge Bar, 6-pack
- Non-Dairy Mango Raspberry Bar

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles
- Wheat Free French Toast Sticks Cinnamon
- 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

### Bob's Red Mill

- Rice Bran

### Lundberg Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Basmati Rice
- Eco-Farmed California White Jasmine Rice
- Eco-Farmed Jubilee Gourmet Blend Rice
- Eco-Farmed Short Grain Brown Rice
- Eco-Farmed Wehani Gourmet Brown 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 Golden Rose Medium Grain Brown Rice
- Organic Quick Wild Rice

## Grains and Rice (Cont'd)

### Lundberg Farms

- Organic Short Grain Brown Rice
- Organic White Long Grain Rice
- Organic Wild & White Basmati Rice
- Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

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

### Earth Balance

- Creamy Natural Almond Butter
- Crunchy Natural Peanut Butter

## Meat Alternatives

### WestSoy

- Soft Tofu, Water-Pack 14 oz

## Meat and Poultry

### Applegate Farms

- Big Apple Hot Dogs
- Chicken Apple Breakfast Sausage
- Maple Breakfast Sausage
- 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 Sweet Italian Sausage
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage
- 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

## Pasta

### Ancient Harvest

Quinoa Supergrain Pasta, Garden Pagodas 8 oz  
Quinoa Supergrain Pasta, Rotelle 8 oz  
Quinoa Supergrain Pasta, Spaghetti 8 oz  
Quinoa Supergrain Pasta, Veggie Curls 8 oz

### Bionaturae

Organic Gluten Free Fusilli  
Organic Gluten Free Penne Rigate  
Organic Gluten Free Spaghetti

### DeBoles Foods

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

### 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

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Green Chili & Cilantro  
Organic Polenta, Sundried Tomato & Garlic

## Sauces, Salsas and Dips

### Amy's

Organic Black Bean & Corn Salsa  
Organic Medium Salsa  
Organic Mild Salsa  
Organic Spicy Chipotle Salsa

### Follow Your Heart

Unforgettables Balsamic Barbecue Sauce, Spicy

### 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 Southwestern Black Bean Chili  
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

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

### **Imagine Foods**

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Chicken Broth 16 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 Corn Soup, 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 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
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

## **Spices and Seasonings**

### **Bob's Red Mill**

- Cornstarch

## **Sweeteners**

### **Lundberg Farms**

- Organic Brown Rice Syrup