

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Speedway 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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Baked Goods

WFM Gluten Free Bakehouse

Carrot Cake
Morning Glory Muffins

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
Gluten Free All Purpose Baking Mix

Baking Needs (Cont'd)

Arrowhead Mills

Gluten Free Brownie Mix
Gluten Free Chocolate Chip Cookie Mix
Gluten Free Pancake & Baking Mix
Gluten Free Vanilla Cake Mix
Long Grain Brown Rice Flour
Millet Flour
Soy Flour
White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Arrowroot Starch Flour
Flaxseed Meal
Flaxseeds
Gluten Free All Purpose Baking Flour
Gluten Free Biscuit & Baking Mix
Gluten Free Chocolate Cake Mix

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Cornbread Mix
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Cherrybrook Kitchen

- Vanilla Frosting

Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Muffins & Scone Mix

Hain

- Baking Powder

Namaste

- Bread Mix
- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix

Pamela's Products

- Chocolate Cake Mix
- Confetti Frosting Mix
- Gluten-Free Bread Mix

Beverages

Celestial Seasonings

- Authentic 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
- Cool Brew Blueberry Iced Green Tea, 40 Ct
- Cool Brew Peach Iced Tea, 40 Ct
- Country Peach Passion
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Mint Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Perfectly Plum White Tea, 20 Ct
- Red Zinger 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
- 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 Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Candy and Chocolate (Cont'd)

Enjoy Life

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
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
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

Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal
GlutenFree Rolled Oats
Organic Creamy Buckwheat Hot Cereal

Enjoy Life

Cinnamon Crunch Granola
Cranapple Crunch Granola
Very Berry Crunch Granola

EnviroKidz

Amazon Frosted Flakes Organic Cereal
Gorilla Munch Organic Cereal
Koala Crisp Organic Cereal

Cereal (Cont'd)

EnviroKidz

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
Peanut Butter Panda Puffs Organic Cereal

Nature's Path

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
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

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
Olive Tortilla Chips 1.5 oz
Potato & Chive Tortilla Chips 5.5 oz
The Works! Tortilla Chips 6 oz
Yellow Corn Tortilla Chips 11 oz

Food Should Taste Good

Jalapeno Tortilla Chips 6 oz
Multigrain Tortilla Chips 6 oz
Olive Tortilla Chips 6 oz

Chips, Pretzels and Snacks (Cont'd)

Glutino

Pretzels, Sticks
Pretzels, Twists

Lundberg Farms

Brown Rice Cakes
Buttery Caramel Rice Cakes
Honey Nut Rice Cakes
Organic Koku Seaweed Rice Cakes
Organic Sea Salt Rice Chips
Organic Unsalted Brown Rice Cakes
Pico de Gallo Rice Chips
Sante Fe BBQ Rice Chips

Mary's Gone Crackers

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

Condiments

Follow Your Heart

Organic Creamy Miso Ginger Dressing
Vegenaise, Original

Organicville

Organic Dressing, Olive Oil & Balsamic 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 32 oz
Light Canola Eggless Mayonnaise, Squeeze Bottle
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

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Chocolate Chip Cookie Pack
Soft Baked Gingerbread Spice Cookie
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
Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
Organic Vanilla Animal Cookies
Panda Organic Crispy Rice Bars, Peanut Butter
Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Pamela's Products

Ginger Cookies with Sliced Almonds
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

Dairy (Cont'd)

Earth Balance

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

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 Coconut Milk Beverage

Vanilla Coconut Milk Kefir

Vanilla Cultured Coconut Milk Yogurt

WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz

Plus Soy Beverage, Plain 64 oz

Plus Soy Beverage, Vanilla 32 oz

Plus Soy Beverage, Vanilla 64 oz

Deli Style Meats and Cheeses

Applegate Farms

Organic Sliced Oven Roasted Chicken

Salametti

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

Sliced Authentic Prosciutto

Sliced Black Forest Ham

Sliced Genoa Salami

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

Sliced Turkey Salami

Desserts

WFM Gluten Free Bakehouse

Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

Chai with Almonds

Cherry Chocolate

Chocolate Crisp

Original with Almond

Original with Peanut

Tasty Tropical

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Gluten Free Brownie Mix

Gluten Free Chocolate Chip Cookie Mix

Gluten Free Pizza Crust Mix

Entrees and Mixes (Cont'd)

Bob's Red Mill

Gluten Free Chocolate Cake Mix

Cherrybrook Kitchen Gluten Free Dreams

Sugar Cookie Mix

Lundberg Farms

Organic Florentine Risotto

Organic Tuscan Risotto

Namaste

Bread Mix

Brownie Mix

Pizza Crust Mix

Spice Cake Mix

Sugar-Free Muffin Mix

Pamela's Products

Confetti Frosting Mix

Ethnic Foods

Amy's

Organic Asian Noodle Stir-Fry

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, Traditional

Organicville

Organic Island Teriyaki

Frozen Foods

Amy's

Organic Asian Noodle Stir-Fry

Organic Baked Ziti Bowl

Organic Bistro Veggie Burger

Organic Black Bean Tamale Verde Whole Meal

Organic Black Bean Vegetable Enchilada

Organic Brown Rice & Vegetables Bowl

Frozen Foods (Cont'd)

Amy's

Organic Brown Rice & Vegetables Bowl, Light in Sodium

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

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Soy Cheesy French Bread Pizza, 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

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

Chocolate Peanut Butter Non-Dairy Frozen Dessert

Creamy Vanilla Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Purely Decadent

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
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

So Delicious

Creamy Raspberry Bar
Kidz Assorted Fruit Pops

Van's

Wheat Free Buckwheat 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

Bob's Red Mill

Organic Quinoa Grain

Lundberg Farms

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

Grains and Rice (Cont'd)

Lundberg Farms

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
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, 16 oz
Organic Crunchy Peanut Butter, 26 oz

Earth Balance

Creamy Natural Almond Butter
Creamy Natural Peanut Butter

Meat Alternatives

WestSoy

Extra Firm Tofu, Vacuum-Pack 12 oz
Firm Tofu, Water-Pack 16 oz
Soft Tofu, Water-Pack 14 oz

Meat and Poultry

Applegate Farms

Organic Beef Hot Dogs
Organic Hot Dogs
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

Bionaturae

Organic Gluten Free Elbows Pasta

Organic Gluten Free Spaghetti

DeBoles Foods

Multi-Grain Spaghetti

Rice Lasagna

Lundberg Farms

Organic Brown Rice Penne Pasta

Organic Brown Rice Rotini Pasta

Organic Brown Rice Spaghetti Pasta

Namaste

Taco Pasta

Pasta Sauce

Amy's

Organic Tomato Basil Pasta Sauce

Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

Organic Mild Salsa

Organicville

Organic Island Teriyaki

Organic Medium Salsa

Soups

Amy's

Organic Black Bean Chili

Organic Black Bean Vegetable Soup

Organic Chunky Vegetable Soup

Organic Fire Roasted Southwestern Vegetable Soup

Organic Lentil Soup

Organic Lentil Soup, Light in Sodium

Soups (Cont'd)

Amy's

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 Split Pea Soup

Organic Thai Coconut Soup (Tom Kha Phak)

Organic Tuscan Bean & Rice Soup

Imagine Foods

Broccoli Soup 16 oz

Broccoli Soup 32 oz

Butternut Squash Soup 16 oz

Butternut Squash Soup 32 oz

Chicken Broth 16 oz

Corn & Lemongrass Soup 16 oz

Corn & Lemongrass Soup 32 oz

Creamy Tomato Soup 16 oz

Free Range Chicken Broth 32 oz

No Chicken Broth 32 oz

Organic Chicken Broth, Low Sodium 32 oz

Organic Potato Soup, Low Sodium 32 oz

Organic Tomato Soup, Low Sodium 32 oz

Organic Vegetable Broth, Low Sodium 32 oz

Portabello Mushroom Soup 16 oz

Potato Leek Soup 16 oz

Potato Leek Soup 32 oz

Sweet Potato Soup 32 oz

Vegetable Broth 16 oz

Vegetable Broth 32 oz

Sweeteners

Lundberg Farms

Brown Rice Syrup