

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Torrance 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.

..
..
--
--

Baked Goods

WFM Gluten Free Bakehouse

Honey Oat Bread
Molasses Ginger Cookies
Morning Glory Muffins

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Baking Needs (Cont'd)

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
Gluten Free Brownie Mix
Gluten Free Pancake & Baking 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
Baking Powder
Baking Soda
Brown Rice Flour
Flaxseed Meal
Flaxseeds

Baking Needs (Cont'd)

Bob's Red Mill

- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cornbread Mix
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Potato Flour
- Potato Starch
- Sweet White Rice Flour
- Tapioca Flour
- Xanthan Gum

Cherrybrook Kitchen

- Chocolate Frosting Mix

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- French Bread & Pizza Mix
- Perfect Pie Crust Mix

Hain

- Baking Powder

Namaste

- Brownie Mix
- Pizza Crust Mix
- Waffle & Pancake Mix

Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Confetti Frosting Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix
- Vanilla Frosting Mix

Beverages

Celestial Seasonings

- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Cool Brew Raspberry Iced Tea, 40 Ct
- Echinacea Complete Care Tea, 20 Ct
- Fruit Tea Sampler, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 40 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sugar Plum Spice, 20 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- Tropical Grapefruit 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

French Meadow Bakery

- Gluten Free Tortillas, 7"

Glutino

- Premium Brown Rice Bread with Inulin
- Premium Brown Rice Bread, Homestyle
- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

Bread (Cont'd)

WFM Gluten Free Bakehouse

Honey Oat 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 Yellow Corn Grits
Sweetened Organic Rice Flakes

Bakery On Main

Apple Raisin Walnut Gluten Free Granola
Extreme Fruit & Nut Gluten Free Granola
Nutty Cranberry Gluten Free Granola

Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal
Gluten Free Mighty Tasty Hot Cereal
GlutenFree Rolled Oats
Organic Buckwheat Groats

Enjoy Life

Cinnamon Crunch Granola
Cranapple 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

Cereal (Cont'd)

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 Nacho Cheese
Vegan Gourmet Sour Cream

Chips, Pretzels and Snacks

Arico

Cassava Chips, Sea Salt Mist

Food Should Taste Good

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
Sweet Potato Tortilla Chips 6 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

Glutino

Pretzels, Sesame Rings
Pretzels, Sticks
Pretzels, Twists

Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Organic Brown Rice Cakes
- Organic Koku Seaweed 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

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

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Tangy BBQ Sauce

Spectrum

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

Condiments (Cont'd)

Spectrum

- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Arico

- Almond Cranberry Cookies
- Lemon Ginger Cookies
- Peanut Butter Cookies

Bakery On Main

- Peanut Butter Chocolate Chip Granola Bars

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- Soft Baked No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- 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

- Organic Spicy Ginger Cookies

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

Crackers

Health Valley

Rice Bran 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 Nacho Cheese

Vegan Gourmet Sour Cream

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

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

Dairy Alternatives (Cont'd)

So Delicious

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Vanilla Cultured Coconut Milk Yogurt

WestSoy

Longevity Soy Beverage, Plain 32 oz

Longevity Soy Beverage, Vanilla 32 oz

Plus Soy Beverage, Plain 32 oz

Plus Soy Beverage, Vanilla 32 oz

Plus Soy Beverage, Vanilla 64 oz

Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

Organic Sliced Oven Roasted Chicken

Sliced Authentic Prosciutto

Sliced Black Forest Ham

Sliced Genoa Salami

Sliced Honey Ham

Sliced Honey Maple Turkey

Sliced Hot Soppressata

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 Turkey Bologna

Desserts

French Meadow Bakery

Gluten Free Fudge Brownie

Energy and Nutrition Bars/Drinks

Boomi Bar

Fruit & Nut

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix

Bob's Red Mill

Gluten Free Chocolate Chip Cookie Mix

Organic TSP (Textured Soy Protein)

TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

Chocolate Frosting Mix

Lundberg Farms

Organic Florentine Risotto

Organic Tuscan Risotto

Namaste

Brownie Mix

Pizza Crust Mix

Waffle & Pancake Mix

Pamela's Products

Confetti Frosting Mix

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

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

French Meadow Bakery

Gluten Free Tortillas, 7"

Ethnic Foods (Cont'd)

World Foods

IndoChina Cambodian Pineapple Lemon Grass Stir

Fry 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 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

French Meadow Bakery

Gluten Free Fudge Brownie

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

Kids Meal, Mac No Cheese

Kids Meal, Mac n Meat Sauce

Popcorn Turkey Corn Dogs

Frozen Foods (Cont'd)

Ian's Natural Foods

Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Chocolate Peanut Butter 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 So Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert
Mint Marble Fudge Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Non-Dairy Creamy Fudge Bar
Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Belgian Chocolate Non-Dairy Frozen Dessert
Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Non-Dairy Frozen Coconut Milk Dessert
Chocolate Peanut Butter Swirl 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
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
Mocha Almond Fudge Non-Dairy Frozen Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk
Dessert

Frozen Foods (Cont'd)

Purely Decadent

Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Pomegranate Chip Non-Dairy Frozen Dessert
Praline Pecan Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Creamy Orange Bar
Kidz Assorted Fruit Pops

Sweet Nothings

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

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

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, 25 lb
Organic California Brown Basmati Rice
Organic California Brown Jasmine Rice, 25 lb
Organic California White Basmati Rice
Organic California White Jasmine Rice
Organic Golden Rose Medium Grain Brown Rice
Organic Long Grain Brown Rice
Organic Quick Wild Rice

Grains and Rice (Cont'd)

Lundberg Farms

- Organic Short Grain Brown Rice
- Organic Short Grain Brown Rice, 25 lb
- Organic White Long Grain Rice
- Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

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

Earth Balance

- Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

- Organic TSP (Textured Soy Protein)
- TVP (Textured Vegetable Protein)

Meat and Poultry

Applegate Farms

- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Poultry Andouille Sausage
- 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

- Flaxseeds
- Hemp Protein Powder

Pasta

Ancient Harvest

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

Bionaturae

- Organic Gluten Free Elbows Pasta

DeBoles Foods

- Corn Elbow Pasta
- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Fettuccine
- 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 Tomato Basil Pasta Sauce
- Organic Tomato Basil Pasta Sauce, Light in Sodium

Sauces, Salsas and Dips

Amy's

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

Follow Your Heart

- Unforgettables Balsamic Barbecue Sauce, Spicy
- Unforgettables Balsamic Vinaigrette Sauce

Sauces, Salsas and Dips (Cont'd)

Organicville

- Organic Medium Salsa
- Organic Mild Salsa

World Foods

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce

Soups

Amy's

- 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 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 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
- 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 Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz

Soups (Cont'd)

Imagine Foods

- 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
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

Sweeteners

Lundberg Farms

- Organic Brown Rice Syrup