

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tenaya 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

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Buckwheat Flour
Gluten Free Brownie Mix
Long Grain Brown Rice Flour

Baking Needs (Cont'd)

Arrowhead Mills

Millet Flour
Soy Flour

Bob's Red Mill

Active Dry Yeast
Almond Flour
Arrowroot Starch Flour
Cornstarch
Flaxseed Meal
Flaxseeds
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Biscuit & Baking Mix
Gluten Free Brownie Mix
Gluten Free Cornbread Mix
Gluten Free Homemade Wonderful Bread Mix
Gluten Free Pizza Crust Mix
GlutenFree Rolled Oats

Baking Needs (Cont'd)

Bob's Red Mill

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

Chebe

- Cinnamon Rolls Mix
- Focaccia Flatbread Mix
- Pizza Crust Mix

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Sugar Cookie Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- French Bread & Pizza Mix
- Muffins & Scone Mix

Namaste

- Blondie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Waffle & Pancake Mix

Pamela's Products

- Classic Vanilla Cake Mix
- Gluten-Free Bread Mix

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Ginger Ale
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Black Cherry Berry Tea
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Country Peach Passion
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Tangerine Orange Zinger 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 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

WFM Gluten Free Bakehouse

- Honey Oat Bread

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, Light in Sodium
- Organic Vegetarian Baked Beans

Cereal

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

Bakery On Main

- Apple Raisin Walnut 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
- Organic Buckwheat Groats

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
- 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 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 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

- 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, Unsalted

Lundberg Farms

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

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

Sante Fe BBQ Rice Chips
Sesame Tamari Rice Cakes
Unsalted Brown Rice Cakes

Mary's Gone Crackers

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

Mr. Krispers

Baked Rice Krisps, Sea Salt & Pepper

Condiments

Follow Your Heart

Caesar Dressing
Lemon Herb Dressing
Thousand Island Dressing
Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil
Vegenaise, Original

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sesame Tamari Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce
Organic Tangy BBQ Sauce

Spectrum

Canola Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 16 oz
Light Canola Eggless Mayonnaise, Squeeze Bottle
Organic Garlic Ranch Omega-3 Dressing
Organic Golden Balsamic Omega-3 Dressing
Organic Roasted Garlic Mayonnaise 12 oz
Organic Soy Mayonnaise 16 oz
Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Arico

Almond Cranberry Cookies
Lemon Ginger Cookies

Enjoy Life

Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Chocolate Chip Cookie Pack
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Lively Lemon Cookies
Soft Baked Snickerdoodle Cookie Pack
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
Panda Organic Crispy Rice Bars, Peanut Butter
Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry
Breakfast Bars, Chocolate

Jennie's

Coconut Macaroons

Pamela's Products

Ginger Cookies with Sliced Almonds
Simplebites Extreme Chocolate Mini Cookies
Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Crackers

Foods Alive

BBQ Organic Flax Crackers
Onion Garlic Organic Flax Crackers

Crackers (Cont'd)

Mary's Gone Crackers

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 Sour Cream

So Delicious

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
Unsweetened Coconut Milk Beverage
Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

WestSoy

Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

Sliced Authentic Prosciutto
Sliced Black Forest Ham
Sliced Genoa Salami
Sliced Honey Ham
Sliced Honey Maple Turkey
Sliced Hot Genoa Salami
Sliced Hot Soppressata
Sliced Organic Roast Beef
Sliced Oven Roasted Sliced Turkey
Sliced Pancetta
Sliced Pepperoni
Sliced Slow Cooked Ham
Sliced Turkey Bologna
Sliced Turkey Salami

Desserts

French Meadow Bakery

Gluten Free Fudge Brownie

Energy and Nutrition Bars/Drinks

Bumble Bar

Original with Almond

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix

Bob's Red Mill

TVP (Textured Vegetable Protein)

Chebe

Cinnamon Rolls Mix
Focaccia Flatbread Mix
Pizza Crust Mix

Cherrybrook Kitchen

Chocolate Frosting Mix
Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix
Sugar Cookie Mix

Entrees and Mixes (Cont'd)

Namaste

- Blondie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Waffle & Pancake 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 Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl

Food Merchants

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

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

World Foods

- Malaysian Sweet Chili Coconut Dipping Sauce
- Thai Red Curry Ready To Pour 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

Frozen Foods (Cont'd)

Amy's

- Organic Indian Mattar Tofu
- 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 Tofu Scramble

French Meadow Bakery

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

Gluten Free Cafe

- Asian Noodles

Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Raspberry Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

Nature's Path

- Organic Homestyle 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
- Strawberry Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- 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
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Snickerdoodle 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
- Raspberry Agave Sweetened Fruit Bar
- Strawberry Agave Sweetened Fruit Bar
- Vanilla Bar, Made with Coconut Milk

Starfish

- Crispy Battered Gluten Free Cod

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles
- 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
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Jasmine Rice
- Organic Short Grain Brown Rice

Jams and Nut Butters

Arrowhead Mills

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

Earth Balance

- Creamy 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 Chicken Hot Dogs
- Sliced Organic Turkey Bacon

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Flaxseeds

Nuts, Seeds and Dried Fruits (Cont'd)

Enjoy Life

Not Nuts! Beach Bash Trail Mix

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, Spaghetti 8 oz
Quinoa Supergrain Pasta, Veggie Curls 8 oz

Bionaturae

Organic Gluten Free Elbows Pasta
Organic Gluten Free Fusilli
Organic Gluten Free Penne Rigate
Organic Gluten Free Spaghetti

DeBoles Foods

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

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

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

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa
Organic Sesame Teriyaki

World Foods

Malaysian Sweet Chili Coconut Dipping Sauce
Thai Red Curry Ready To Pour Sauce

Seafood

Starfish

Crispy Battered Gluten Free Cod

Soups

Amy's

Organic Black Bean Vegetable Soup
Organic Chunky Vegetable 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 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
Corn & Lemongrass Soup 32 oz

Soups (Cont'd)

Imagine Foods

- 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 Tomato Soup 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
- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

Spices and Seasonings

Bob's Red Mill

- Cornstarch

Sweeteners

Lundberg Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup