

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wilshire Blvd 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

Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
Gluten Free Pancake & Baking Mix
Soy Flour
Yellow Corn Meal

Baking Needs (Cont'd)

Bob's Red Mill

Almond Flour
Baking Soda
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Cornbread Mix
Gluten Free Pizza Crust Mix
GlutenFree Rolled Oats
Organic Brown Rice Flour
Organic Coconut Flour
Organic Flaxseed Meal

Enjoy Life

Semi-Sweet Chocolate Chips

Pamela's Products

Chocolate Cake Mix
Classic Vanilla Cake Mix
Cornbread & Muffin Mix

Baking Needs (Cont'd)

Pamela's Products

Gluten-Free Bread Mix

Beverages

Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct
Antioxidant Green Tea, 20 Ct
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
Country Peach Passion
Echinacea Complete Care Tea, 20 Ct
Goji Berry Pomegranate Green Tea, 20 Ct
Honey Vanilla Chamomile Tea, 20 Ct
Lemon Zinger Tea, 20 Ct
Madagascar Vanilla Red Tea, 20 Ct
Nutcracker Sweet Herbal Tea
Peppermint Tea, 20 Ct
Sleepytime Extra Tea, 20 Ct
Sleepytime Tea, 20 Ct
Sleepytime Throat Tamer Tea, 20 Ct
Sugar Plum Spice, 20 Ct
True Blueberry, 20 Ct

So Delicious

Unsweetened Coconut Milk Beverage
Vanilla Coconut Milk Beverage

Bread

Glutino

Premium Cinnamon & Raisin Bread
Premium Fiber Bread

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Canned Goods

Amy's

Organic Refried Beans with Green Chiles
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
Sweetened Organic Rice Flakes

Bob's Red Mill

GlutenFree Rolled Oats
Organic Creamy Buckwheat Hot Cereal

Enjoy Life

Very Berry Crunch Granola

EnviroKidz

Amazon Frosted Flakes Organic Cereal
Gorilla Munch 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 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 Monterey Jack
Vegan Gourmet Mozzarella Cheese

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
Lime Tortilla Chips 5.5 oz
Multigrain Tortilla Chips 12 oz
Sweet Potato Tortilla Chips 6 oz
The Works! Tortilla Chips 6 oz
Yellow Corn Tortilla Chips 11 oz

Food Should Taste Good

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

Glutino

Pretzels, Sesame Rings
Pretzels, Sticks
Pretzels, Twists
Pretzels, Unsalted

Lundberg Farms

Apple Cinnamon Rice Cakes
Brown Rice Cakes
Organic Koku Seaweed Rice Cakes
Organic Mochi Sweet Rice Cakes
Organic Popcorn Rice Cakes
Organic Sea Salt Rice Chips
Organic Unsalted Brown Rice Cakes
Organic Wild Rice Cakes
Pico de Gallo Rice Chips
Sante Fe BBQ Rice Chips
Unsalted Brown Rice Cakes

Mary's Gone Crackers

Sticks & Twigs, Curry
Sticks & Twigs, Sea Salt

Condiments

Follow Your Heart

Honey Mustard Dressing
Organic Italian Vinaigrette Dressing

Condiments (Cont'd)

Spectrum

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

Arico

Almond Cranberry Cookies
Lemon Ginger Cookies
Peanut Butter Cookies

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Snickerdoodle Cookies

EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry
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, Blueberry
Breakfast Bars, Cranberry

Pamela's Products

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

Foods Alive

- BBQ Organic Flax Crackers
- Onion Garlic Organic Flax Crackers
- Original Organic Flax Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- Crackers, Original

Dairy

Earth Balance

- Buttery Spread with Olive Oil
- Organic Whipped Buttery Spread
- Soy Free Buttery Spread
- Soy Garden Buttery Spread

Dairy Alternatives

Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese

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 Creamer
- Passionate Mango Cultured Coconut Milk Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Agave Sweetened Soy Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

WestSoy

- 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 Honey Ham
- Sliced Hot Genoa Salami
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey

Energy and Nutrition Bars/Drinks

Bumble Bar

- Original with Almond

Entrees and Mixes

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Ethnic Foods

Amy's

- 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, Sundried Tomato & Garlic

Ethnic Foods (Cont'd)

Organicville

Organic Sesame Teriyaki

World Foods

Thai Green Curry Paste

Frozen Foods

Amy's

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, Black-Eyed Peas & Veggies Bowl
Organic Indian Mattar Tofu
Organic Rice Crust Spinach Pizza
Organic Roasted Vegetable Tamale Whole Meal
Organic Teriyaki Bowl

French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough

Gluten Free Cafe

Asian Noodles

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Popcorn Turkey Corn Dogs
Soy Cheesy French Bread Pizza, Wheat Free
Gluten Free

It's Soy Delicious

Vanilla Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles

Purely Decadent

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk
Dessert

Frozen Foods (Cont'd)

Purely Decadent

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
Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

So Delicious

Fudge Bar, Sugar Free
Kidz Assorted Fruit Pops

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Halibut

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Blueberry Waffles

Grains and Rice

Ancient Harvest

Inca Red Organic Quinoa 12 oz
Traditional Organic Quinoa 12 oz

Lundberg Farms

Eco-Farmed California Brown Basmati Rice
Eco-Farmed California White Arborio Rice
Eco-Farmed Long Grain Brown 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 Basmati Rice
Organic Long Grain Brown Rice
Organic Short Grain Brown Rice
Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

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

Jams and Nut Butters (Cont'd)

Earth Balance

Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

WestSoy

Firm Tofu, Water-Pack 16 oz

Meat and Poultry

Applegate Farms

Chicken Hot Dogs

Organic Turkey Hot Dogs

Sliced Organic Turkey Bacon

Pasta

Ancient Harvest

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, Spaghetti 8 oz

Quinoa Supergrain Pasta, Veggie Curls 8 oz

Bionaturae

Organic Gluten Free Elbows Pasta

DeBoles Foods

Corn Elbow Pasta

Multi-Grain Spaghetti

Rice Penne

Rice Spaghetti

Lundberg Farms

Organic Brown Rice Penne Pasta

Organic Brown Rice Spaghetti Pasta

Pasta Sauce

Amy's

Organic Low Sodium Marinara Sauce

Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Sauces, Salsas and Dips

Amy's

Organic Black Bean & Corn Salsa

Organic Mild Salsa

Organic Spicy Chipotle Salsa

Organicville

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 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

Imagine Foods

Broccoli Soup 16 oz

Broccoli Soup 32 oz

Butternut Squash Soup 32 oz

Soups (Cont'd)

Imagine Foods

- 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 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, Low Sodium 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Potato Leek Soup 16 oz
- Potato Leek Soup 32 oz
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz

Spices and Seasonings

World Foods

- Thai Green Curry Paste

Sweeteners

Lundberg Farms

- Organic Brown Rice Syrup