

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Lakewood Store, Southwest 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
Molasses Ginger Cookies

Baking Needs

Ancient Harvest
Organic Quinoa Flour 18 oz

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix

Baking Needs (Cont'd)

Arrowhead Mills

Gluten Free Chocolate Chip Cookie 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
Brown Rice Flour
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Biscuit & Baking Mix
Gluten Free Cornbread Mix
Gluten Free Garbanzo & Fava Bean Flour

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Potato Starch
- Soy Lecithin Granules
- Tapioca Flour
- Xanthan Gum

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Chocolate Chip Cookie & Cake Mix
- French Bread & Pizza Mix

Hain

- Baking Powder

Namaste

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

Orgran

- All Purpose Crumbs

Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Cornbread & Muffin Mix
- Gluten-Free Bread Mix

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola

Beverages (Cont'd)

365 Every Day Value™

- Ginger Ale
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

Celestial Seasonings

- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Chamomile Tea, 40 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Cool Brew Tropical Fruit Iced Tea, 40 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Green Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Grandma's Tummy Mint Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer 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 Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Flax Seed 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
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
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

Gluten Free Mighty Tasty Hot Cereal
GlutenFree Rolled Oats

Enjoy Life

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)

Gluten Free Oats

Old Fashioned Rolled Oats, 1.25 lb Package
Old Fashioned Rolled Oats, 2 lb 9 oz Package

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 Cream Cheese
Vegan Gourmet Monterey Jack
Vegan Gourmet Mozzarella Cheese
Vegan Gourmet Nacho Cheese
Vegan Gourmet Sour Cream

Chips, Pretzels and Snacks

Food Should Taste Good

Lime Tortilla Chips 5.5 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, Unsalted

Lundberg Farms

Brown Rice Cakes
Buttery Caramel Rice Cakes
Honey Nut Rice Cakes
Organic Brown Rice Cakes
Organic Mochi Sweet Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Organic Sea Salt Rice Chips
- Organic Sesame Tamari Rice Cakes
- Organic Tamari Seaweed 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

Mary's Gone Crackers

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

Condiments

Follow Your Heart

- Vegenaise, Grapeseed Oil
- 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, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup

Spectrum

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

Cookies and Snack Bars

Arico

- Almond Cranberry Cookies

Bakery On Main

- Extreme Trail Mix Granola Bars
- Peanut Butter Chocolate Chip Granola Bars

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Mini Cookies
- Vanilla Graham Mini 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 Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- Soft Baked No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookie Pack
- 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

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry
- Breakfast Bars, Cranberry

Jennie's

- Coconut Macaroons

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies

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

So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- Blueberry 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
- Plain Agave Sweetened Soy 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 Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage

Dairy Alternatives (Cont'd)

So Delicious

- 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 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

- Canadian Bacon
- Organic Sliced Oven Roasted Chicken
- Sliced Black Forest Ham
- 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 Turkey Bologna
- Sliced Turkey Salami

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chocolate Crisp
- Chunky Cherry
- Original with Almond
- Original with Mixed Nuts

Energy and Nutrition Bars/Drinks (Cont'd)

Bumble Bar

Original with Peanut

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Gluten Free Brownie Mix

Gluten Free Chocolate Chip Cookie Mix

Lundberg Farms

Organic Tuscan Risotto

Namaste

Brownie Mix

Cookie Mix

Muffin Mix

Pizza Crust Mix

Waffle & Pancake Mix

Organ

Buckwheat Pancake Mix

Falafel 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, Sundried Tomato & Garlic

Organic Polenta, Traditional

Ethnic Foods (Cont'd)

Organ

Falafel Mix

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 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 Chocolate Chip Cookie Dough

Gluten Free Fudge Brownie

Gluten Free Cafe

Asian Noodles

Ian's Natural Foods

Chicken Fingers, Allergen Free

French Toast Sticks, Wheat Free Gluten Free

Frozen Foods (Cont'd)

Ian's Natural Foods

Ian's Fish Sticks, Allergen Free
Kids Meal, Mac No Cheese
Popcorn Turkey Corn Dogs
Soy Cheesy French Bread Pizza, Wheat Free
Gluten Free
Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

It's Soy Delicious

Awesome Chocolate 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 Velvet Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Non-Dairy Frozen Coconut Milk Dessert
Chocolate Obsession Non-Dairy Frozen 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
Pomegranate Chip Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

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
Creamy Orange Bar
Creamy Raspberry Bar
Kidz Assorted Fruit Pops
Raspberry Agave Sweetened Fruit Bar
Strawberry Agave Sweetened Fruit Bar

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
Wheat Free Buckwheat Waffles
Wheat Free French Toast Sticks Cinnamon
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 Brown Basmati Rice
Eco-Farmed California White Arborio Rice
Eco-Farmed Jubilee Gourmet Blend Rice
Eco-Farmed Wild Blend Gourmet Blend Rice
Organic California Brown Jasmine Rice, 25 lb
Organic California White Jasmine 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

Earth Balance

- Creamy Natural Almond Butter
- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

Maranatha

- Roasted Sesame Tahini

Meat Alternatives

WestSoy

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

Meat and Poultry

Applegate Farms

- Beef Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Greatest Little Organic Smokey Cocktail Frank
- Maple Breakfast Sausage
- Organic Chicken Hot Dogs
- 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
- Turkey Hot Dogs

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Hulled Hemp Seeds
- Organic Golden Flaxseeds

Nuts, Seeds and Dried Fruits (Cont'd)

Enjoy Life

- Not Nuts! Mountain Mambo Trail Mix

Gerbs Pumpkin Seeds

- Roasted Red Pepper Pumpkin Seed Kernels
- Toasted Onion & Garlic Pumpkin Seed Kernels
- Whole Roasted Lightly Salted Pumpkin Seeds

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

DeBoles Foods

- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Fettuccine
- Rice Spaghetti

Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Spaghetti Pasta

Orgran

- Buckwheat Spirals
- Rice & Corn Lasagne Mini Sheets
- Rice & Corn Macaroni
- Rice & Corn Tortellini

Pasta Sauce

Amy's

- Organic Family Marinara Pasta Sauce
- 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
- Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa

Organicville

- Organic Medium Salsa

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 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
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz

Soups (Cont'd)

Imagine Foods

- 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 Acorn Squash & Mango Soup 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Corn Soup, Low Sodium 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Tomato Soup, Low Sodium 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Potato Leek Soup 16 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 32 oz

Sweeteners

Lundberg Farms

- Organic Brown Rice Syrup