

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Little Rock 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.

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Baked Goods

WFM Gluten Free Bakehouse

Carrot Cake
Honey Oat Bread
Molasses Ginger Cookies

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Baking Needs (Cont'd)

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
Gluten Free All Purpose Baking 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
Baking Powder
Baking Soda
Brown Rice Flour
Cornstarch
Flaxseed Meal
Gluten Free All Purpose Baking Flour

Baking Needs (Cont'd)

Bob's Red Mill

- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Cornmeal
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Homemade Wonderful Bread Mix
- GlutenFree Rolled Oats
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Potato Starch
- Tapioca Flour
- Teff Flour
- White Rice Flour
- Xanthan Gum

Chebe

- All-Purpose Mix

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- Muffins & Scone Mix
- Old Fashioned Cake & Cookie Mix
- Perfect Pie Crust Mix

Hain

- Baking Powder

Namaste

- Blondie Mix
- Brownie Mix
- Muffin Mix
- Toffee Vanilla Frosting Mix
- Vanilla Cake Mix

Orgran

- All Purpose Crumbs
- Gluten Replacer

Pamela's Products

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

Baking Needs (Cont'd)

Pamela's Products

- Gluten-Free Bread Mix & Flour Blend

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
- Antioxidant Green Tea, 20 Ct
- Antioxidant Green Tea, 40 Ct
- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Cinnamon Apple Spice Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Perfectly Pear White Tea, 20 Ct
- Raspberry Garden Green Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Strawberry, 20 Ct

So Delicious

- Original (Plain) Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

Bread

Glutino

- Premium Corn Bread
- Premium Fiber Bread

Bread (Cont'd)

WFM Gluten Free Bakehouse

Honey Oat Bread

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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

Orgran

Canned Spaghetti in Tomato Sauce

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Bakery On Main

Extreme Fruit & Nut Gluten Free Granola

Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

Enjoy Life

Cinnamon Crunch Granola

Cranapple Crunch Granola

Very Berry Crunch Granola

Cereal (Cont'd)

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

Gluten Free Oats

Old Fashioned Rolled Oats, 1.25 lb Package

Nature's Path

Organic Crispy Rice Cereal

Organic Fruit Juice Sweetened Corn Flakes

Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz

Organic Honey'd Cornflakes

Organic Mesa Sunrise Cereal

Organic Whole O's Cereal

Cheese

Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

Chips, Pretzels and Snacks

Arico

Cassava Chips, Ginger on Fire

Cassava Chips, Original

Cassava Chips, Sea Salt Mist

Food Should Taste Good

Buffalo Tortilla Chips 6 oz

Potato & Chive 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

Jalapeno Tortilla Chips 6 oz

Multigrain Tortilla Chips 6 oz

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Brown Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- 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

Mary's Gone Crackers

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

Mr. Krispers

- Baked Rice Krisps, Barbecue
- Baked Rice Krisps, Sea Salt & Pepper

Condiments

Follow Your Heart

- Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil
- Vegenaise, Original

Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

Spectrum

- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Garlic Ranch Omega-3 Dressing
- Organic Olive Oil Mayonnaise
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Arico

- Almond Cranberry Cookies

Bakery On Main

- Peanut Butter Chocolate Chip Granola 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 Double Chocolate Brownie Cookies
- 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
- Sunbutter Crunch Snack Bars

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

Jennie's

- Almond Macaroons
- Coconut Macaroons

Orgran

- Blueberry Fruit-Filled Bars

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Old Fashioned Raisin Walnut Cookies
- Peanut Butter Cookies

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

Crackers

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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Longevity Soy Beverage, Vanilla 32 oz
- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Vanilla 32 oz

Deli Style Meats and Cheeses

Applegate Farms

- Canadian Bacon
- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Honey Ham
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pancetta
- Sliced Turkey Bologna

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chocolate Crisp
- Lush Lemon
- Original with Peanut

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Pizza Crust Mix

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Namaste

- Blondie Mix
- Brownie Mix
- Muffin Mix
- Vanilla Cake Mix

Pamela's Products

- Dark Chocolate 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 Indian Mattar Tofu

Ethnic Foods (Cont'd)

Amy's

- 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

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

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 Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Mattar Tofu
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie, Light in Sodium
- 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

Frozen Foods (Cont'd)

Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free
- Popcorn Turkey Corn Dogs
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

It's Soy Delicious

- Green Tea Non-Dairy Frozen Dessert
- Raspberry Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

Nature's Path

- Organic Buckwheat Wildberry Waffles

Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk 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

So Delicious

- Kidz Assorted Fruit Pops
- Vanilla Bar, Made with Coconut Milk

Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Halibut

Van's

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

Jams and Nut Butters

Arrowhead Mills

- Organic Creamy Peanut Butter, 16 oz

Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

Maranatha

- Roasted Sesame Tahini

Meat Alternatives

Bob's Red Mill

- TVP (Textured Vegetable Protein)

WestSoy

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

Meat and Poultry

Applegate Farms

- Beef Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Maple Breakfast Sausage
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Poultry Andouille Sausage
- Organic Sliced Sunday Bacon
- Organic Turkey Hot Dogs

Meat and Poultry (Cont'd)

Applegate Farms

- 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

Enjoy Life

- Not Nuts! Beach Bash Trail Mix
- Not Nuts! Mountain Mambo Trail Mix

Gerbs Pumpkin Seeds

- Roasted Red Pepper Pumpkin Seed Kernels
- Touch of Salt 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, Veggie Curls 8 oz

Bionaturae

- Organic Gluten Free Fusilli
- Organic Gluten Free Spaghetti

DeBoles Foods

- Corn Spaghetti
- 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 (Cont'd)

Namaste

Say Cheez Pasta

Orgran

Corn & Vegetable Spirals
Rice & Corn Lasagne Mini Sheets
Rice Spirals
Vegetable Rice Spirals

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 Mild Salsa

Organicville

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

Seafood

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Halibut

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

Soups (Cont'd)

Amy's

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 16 oz
Butternut Squash Soup 32 oz
Corn & Lemongrass Soup 16 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 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
Portabello Mushroom Soup 16 oz
Potato Leek Soup 16 oz
Potato Leek Soup 32 oz
Sweet Potato Soup 32 oz
Tomato Basil Soup 32 oz
Vegetable Broth 32 oz

Spices and Seasonings

Bob's Red Mill

Cornstarch

Sweeteners

Lundberg Farms

Organic Brown Rice Syrup