

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Woodway 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

Arrowhead Mills

Buckwheat Flour
Gluten Free All Purpose Baking Mix
Millet Flour

Baking Needs (Cont'd)

Bob's Red Mill

Almond Flour
Arrowroot Starch Flour
Baking Soda
Brown Rice Flour
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free Pancake Mix
Gluten Free Pizza Crust Mix
GlutenFree Rolled Oats
Hemp Protein Powder
Organic Flaxseed Meal
Organic Golden Flaxseeds
Xanthan Gum

Enjoy Life

Semi-Sweet Chocolate Chips

Baking Needs (Cont'd)

Gluten Free Pantry

French Bread & Pizza Mix
Perfect Pie Crust Mix

Namaste

Waffle & Pancake Mix

Pamela's Products

Confetti Frosting Mix
Dark Chocolate Frosting Mix
Vanilla Frosting Mix

Beverages

365 Every Day Value™

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

Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct
African Orange Mango Tea, 20 Ct
Authentic Green Tea, 20 Ct
Bengal Spice Tea, 20 Ct
Black Cherry Berry Tea
Caffeine Free Celestial Tea, 40 Ct
Chamomile Tea, 20 Ct
Cool Brew Blueberry Iced Green Tea, 40 Ct
Country Peach Passion
Cranberry Apple Zinger Tea, 20 Ct
Decaf Green Tea, 20 Ct
Lemon Zinger Tea, 20 Ct
Mint Magic Tea, 20 Ct
Peppermint Tea, 20 Ct
Raspberry Zinger Tea, 20 Ct
Sleepytime Extra Tea, 20 Ct
Sleepytime Tea, 20 Ct
Sugar Plum Spice, 20 Ct
Tension Tamer Tea, 20 Ct
Tropical Strawberry, 20 Ct

Beverages (Cont'd)

So Delicious

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

Bread

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

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

Apple Raisin Walnut Gluten Free Granola
Cranberry Orange Cashew Gluten Free Granola
Nutty Cranberry Gluten Free Granola

Bob's Red Mill

GlutenFree Rolled Oats

Enjoy Life

Cinnamon Crunch Granola
Very Berry Crunch Granola

Cereal (Cont'd)

EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal
- Peanut Butter Panda Puffs Organic 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 Mozzarella 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
- Lime Tortilla Chips 5.5 oz
- Multigrain Tortilla Chips 12 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

- Chocolate Tortilla Chips 6 oz
- Multigrain Tortilla Chips 6 oz
- Olive Tortilla Chips 6 oz

Glutino

- Pretzels, Sticks
- Pretzels, Unsalted

Lundberg Farms

- Brown Rice Cakes
- Buttery Caramel Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Organic Brown Rice Cakes
- Organic Mochi Sweet 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, Sea Salt & Pepper

Condiments

Follow Your Heart

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

Spectrum

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz
- 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

Bakery On Main

Cranberry Maple Nut Granola Bars
Extreme Trail Mix Granola Bars
Peanut Butter Chocolate Chip Granola Bars

Enjoy Life

Caramel Apple Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Happy Apple Cookies
Soft Baked Lively Lemon Cookies
Soft Baked No-Oats "Oatmeal" Cookie
Sunbutter Crunch Snack Bars
Very Berry Snack Bars

EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry
Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
Organic Vanilla Animal Cookies
Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Jennie's

Coconut Macaroons

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

Dairy

Earth Balance

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 Mozzarella Cheese

So Delicious

Blueberry Cultured Coconut Milk Yogurt
Original (Plain) Coconut Milk Beverage
Original (Plain) Coconut Milk Creamer
Passionate Mango Cultured Coconut Milk Yogurt
Plain Cultured Coconut Milk Yogurt
Raspberry Cultured Coconut Milk Yogurt
Strawberry Coconut Milk Kefir
Unsweetened Coconut Milk Beverage
Vanilla Agave Sweetened Soy Yogurt
Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

WestSoy

Longevity Soy Beverage, Plain 32 oz
Longevity Soy Beverage, Vanilla 32 oz
Organic Soy Beverage, Unsweetened Original 64 oz
Plus Soy Beverage, Plain 64 oz
Soy Beverage, Unsweetened Chocolate 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 Honey Maple Turkey
Sliced Organic Herb Turkey
Sliced Organic Oven Roasted Turkey

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

- 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

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- Awesome Apricot
- Chocolate Crisp
- Chunky Cherry
- Lushus Lemon
- Original with Almond
- Original with Peanut
- Tasty Tropical

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Namaste

- 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 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
- Organic Quinoa Polenta, Heirloom Red & Black

Frozen 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 Brown Rice & Vegetables Bowl
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- 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

Applegate Farms

- Maple Breakfast Sausage
- Sage Breakfast Sausage

Frozen Foods (Cont'd)

French Meadow Bakery

Gluten Free Fudge Brownie

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free

It's Soy Delicious

Chocolate Almond Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle Waffles

Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Cookie Dough (Gluten Free) Non-Dairy Frozen
Dessert
Pomegranate Chip Non-Dairy Frozen Dessert
Snickerdoodle Non-Dairy Frozen Dessert

So Delicious

Creamy Raspberry Bar
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

Grains and Rice

Ancient Harvest

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 Wehani Gourmet Brown Rice
Eco-Farmed Wild Blend Gourmet Blend Rice

Grains and Rice (Cont'd)

Lundberg Farms

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

Earth Balance

Creamy Natural Almond Butter
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, Tidal Wave 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 Hot Dogs
Organic Poultry Andouille Sausage
Organic Sweet Italian Sausage
Sage Breakfast Sausage
Turkey Hot Dogs

Nutritional Supplements

Bob's Red Mill

Hemp Protein Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Hemp Protein Powder
- Hulled Hemp Seeds
- Organic Golden Flaxseeds

Pasta

Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Linguine 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

Bionaturae

- Organic Gluten Free Spaghetti

DeBoles Foods

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

Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta

Pasta Sauce

Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta 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
- Organic Quinoa Polenta, Heirloom Red & Black

Sauces, Salsas and Dips

Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Mild Salsa

Organicville

- Organic Medium Salsa

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 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 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
- Corn & Lemongrass Soup 32 oz
- Free Range 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

Soups (Cont'd)

Imagine Foods

- 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
- Potato Leek Soup 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 32 oz

Sweeteners

Lundberg Farms

- Organic Brown Rice Syrup