

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Rose City Store, Northeast 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](mailto:WFMSpecialDiets@wholefoods.com).

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### Baked Goods

#### WFM Gluten Free Bakehouse

Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour  
Gluten Free All Purpose Baking Mix  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Millet Flour  
Soy Flour

### Baking Needs (Cont'd)

#### Arrowhead Mills

Yellow Corn Meal

#### Bob's Red Mill

Almond Flour  
Flaxseed Meal  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Brownie Mix  
Gluten Free Garbanzo & Fava Bean Flour  
Gluten Free Homemade Wonderful Bread Mix  
Gluten Free Pancake Mix  
Gluten Free Pizza Crust Mix  
Gluten Free Sweet White Sorghum Flour  
GlutenFree Rolled Oats  
Hazelnut Meal/Flour  
Organic Coconut Flour  
Organic Flaxseed Meal  
Organic Golden Flaxseed Meal

## Baking Needs (Cont'd)

### Bob's Red Mill

Organic Golden Flaxseeds  
White Rice Flour

### Cherrybrook Kitchen

Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Chocolate Chip Cookie Mix  
Fudge Brownie Mix  
Sugar Cookie Mix

### Earth Balance

Shortening

### Enjoy Life

Semi-Sweet Chocolate Chips

### Gluten Free Pantry

Chocolate Truffle Brownie Mix  
Decadent Chocolate Cake Mix  
French Bread & Pizza Mix  
Muffins & Scone Mix

### Namaste

Brownie Mix  
Waffle & Pancake Mix

### Pamela's Products

Cornbread & Muffin 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

Bengal Spice Tea, 20 Ct  
Black Cherry Berry Tea  
Chamomile Tea, 40 Ct  
Cinnamon Apple Spice Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

Country Peach Passion  
Decaf Mint Green Tea, 20 Ct  
Honey Vanilla Chamomile 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 Throat Tamer Tea, 20 Ct  
Tension Tamer Tea, 20 Ct  
True Blueberry, 20 Ct

### So Delicious

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

## Bread

### Enjoy Life

Cinnamon Raisin Bagels

### Glutino

Premium Cinnamon & Raisin Bread  
Premium Corn Bread  
Premium Fiber Bread  
Premium Flax Seed 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, Low in Sodium  
Organic Traditional Refried Beans

## Canned Goods (Cont'd)

### Amy's

Organic Traditional Refried Beans, Light 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

Extreme Fruit & Nut Gluten Free Granola

Nutty Cranberry Gluten Free Granola

Rainforest Gluten Free Granola

### Bob's Red Mill

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

### Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

### EnviroKidz

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Gorilla Munch Organic Cereal, 23 oz

Koala Crisp Organic Cereal

Koala Crisp Organic Cereal, 26 oz

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic Cereal

Peanut Butter Panda Puffs Organic Cereal, 25 oz

### Nature's Path

Organic Fruit Juice Sweetened Corn Flakes

Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz

Organic Honey'd Corn Flakes, 26.4 oz

Organic Honey'd Cornflakes

Organic Mesa Sunrise Cereal

## Cereal (Cont'd)

### Nature's Path

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

Vegan Gourmet Nacho Cheese

## Chips, Pretzels and Snacks

### Food Should Taste Good

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, Unsalted

### Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

### Lundberg Farms

Brown Rice Cakes

Buttery Caramel Rice Cakes

Honey Nut Rice Cakes

Organic Brown Rice Cakes

Organic Koku Seaweed Rice Cakes

Organic Mochi Sweet Rice Cakes

Organic Popcorn 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

Unsalted Brown Rice Cakes

## **Chips, Pretzels and Snacks (Cont'd)**

### **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, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

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 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

### **Bakery On Main**

Cranberry Maple Nut Granola Bars

Extreme Trail Mix Granola Bars

Peanut Butter Chocolate Chip Granola Bars

## **Cookies and Snack Bars (Cont'd)**

### **Cookies... For Me?**

Chocolate Chip Cookie

Dairy Free Sugar Cookie

Snicker Doodle Cookie

### **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 Lively Lemon Cookies

Soft Baked No-Oats "Oatmeal" Cookie

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

Organic Vanilla Animal Cookies

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

### **Orgran**

Outback Animals - Vanilla Cookies

### **Pamela's Products**

Ginger Cookies with Sliced Almonds

Peanut Butter Cookies

## **Crackers**

### **Mary's Gone Crackers**

Crackers, Caraway

Crackers, Herb

## Crackers (Cont'd)

### Mary's Gone Crackers

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 Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho 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 Beverage

Original (Plain) Coconut Milk Creamer

Original (Plain) Coconut Milk Kefir

Passionate Mango Cultured Coconut Milk Yogurt

Pina Colada 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 Coconut Milk Beverage

Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz

Plus Soy Beverage, Vanilla 32 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 Genoa Salami

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 Turkey

Sliced Organic Uncured Ham

Sliced Oven Roasted Sliced Turkey

Sliced Pancetta

Sliced Slow Cooked Ham

Sliced Smoked Turkey

Sliced Turkey Bologna

Sliced Turkey Salami

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

Dark Chocolate Bar - 7 pack

Dark Chocolate Bars - individual bars

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking Mix

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen

Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

Chocolate Chip Cookie Mix

Fudge Brownie Mix

Sugar Cookie Mix

### Lundberg Farms

Organic Florentine Risotto

Organic Tuscan Risotto

## Entrees and Mixes (Cont'd)

### Namaste

- Brownie 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 Indian Vegetable Korma
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

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

### Organicville

- 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 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 Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal

## Frozen Foods (Cont'd)

### Amy's

- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

### Applegate Farms

- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Lightly Battered Fish, Wheat Free Gluten Free
- 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

- Almond Pecan Non-Dairy Frozen Dessert

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

### Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mint Marble Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

- Belgian Chocolate Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Dulce De Leche Non-Dairy Frozen 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
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

- Fudge Bar, Sugar Free
- Vanilla Bar, Made with Coconut Milk

### Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock

### Van's

- Wheat Free Flax Waffles
- Wheat Free Homestyle Pancakes
- 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 California White Basmati Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Jubilee Gourmet Blend Rice
- Eco-Farmed Long Grain Brown Rice
- Eco-Farmed Short Grain Brown Rice
- Eco-Farmed Wehani Gourmet Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice

## Grains and Rice (Cont'd)

### Lundberg Farms

- Organic California White Jasmine Rice
- Organic Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice
- Organic Quick Wild Rice
- Organic Short Grain Brown Rice
- Organic White Long Grain Rice
- Organic Wild & White Basmati Rice
- Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

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

### Earth Balance

- Creamy Natural Almond Butter
- Crunchy Natural Peanut Butter

## Meat Alternatives

### Applegate Farms

- Organic Smoked Andouille

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

- Beef Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Dry Cured Bacon
- Greatest Little Organic Smokey Cocktail Frank
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Hot Dogs
- Organic Sliced Sunday Bacon
- Organic Smoked Bratwurst
- Organic Smoked Kielbasa

## Meat and Poultry (Cont'd)

### Applegate Farms

- Organic Sweet Italian Sausage
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Peppered Bacon
- Sage Breakfast Sausage
- Sliced Organic Turkey Bacon
- Sliced Sunday Bacon
- Sliced Turkey Bacon
- Turkey Hot Dogs

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hulled Hemp Seeds
- Organic Golden Flaxseeds

## 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, Rotelle 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

- Organic Gluten Free Fusilli
- Organic Gluten Free Penne Rigate
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Lasagna
- Rice Penne
- Rice Spaghetti
- Rice Spirals

### 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

## Prepared Foods

### Food Merchants

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

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Mild Salsa

### Organicville

- Organic Sesame Teriyaki

## Seafood

### Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock

## 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 Southwestern Black Bean Chili
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Tuscan Bean & Rice Soup

## **Soups (Cont'd)**

### **Imagine Foods**

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 16 oz
- 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 Portabello Mushroom Soup 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 oz
- Potato Leek Soup 16 oz
- Sweet Potato Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

### **Sweeteners**

#### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup