

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Upper Arlington Store, Mid-Atlantic 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.

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Buckwheat Flour

Long Grain Brown Rice Flour

Yellow Corn Meal

Bob's Red Mill

Almond Flour

Arrowroot Starch Flour

Baking Soda

Brown Rice Flour

Flaxseed Meal

Garbanzo Bean Flour

Gluten Free All Purpose Baking Flour

Gluten Free Cornbread Mix

Gluten Free Sweet White Sorghum Flour

Millet Flour

Organic Brown Flaxseeds

Baking Needs (Cont'd)

Bob's Red Mill

Organic Coconut Flour

Organic Golden Flaxseed Meal

Organic Golden Flaxseeds

Organic Quinoa Flour

Tapioca Flour

Teff Flour

White Rice Flour

Xanthan Gum

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix

Gluten Free Pantry

All-Purpose GF Baking Flour Mix

Chocolate Truffle Brownie Mix

Muffins & Scone Mix

Perfect Pie Crust Mix

Baking Needs (Cont'd)

Namaste

Pizza Crust Mix

Pamela's Products

Chocolate Cake Mix

Classic Vanilla Cake Mix

Beverages

Celestial Seasonings

Honey Vanilla Chamomile Tea, 20 Ct

Lemon Zinger Tea, 20 Ct

Red Zinger Tea, 20 Ct

Sleepytime Tea, 40 Ct

So Delicious

Original (Plain) Coconut Milk Beverage

Original (Plain) Coconut Milk Kefir

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Kefir

Bread

Glutino

Premium Corn 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

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Enjoy Life

Cinnamon 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

Nature's Path

Organic Crispy Rice Cereal

Organic Fruit Juice Sweetened Corn Flakes

Organic Honey'd 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 Mozzarella Cheese

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

Lundberg Family Farms

Buttery Caramel Rice Cakes

Honey Nut Rice Cakes

Organic Brown Rice Cakes

Organic Unsalted Brown Rice Cakes

Sante Fe BBQ Rice Chips

Unsalted Brown Rice Cakes

Mary's Gone Crackers

Sticks & Twigs, Curry

Sticks & Twigs, Tomato Chipotle

Condiments

Follow Your Heart

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

Organicville

Organic Dressing, Miso Ginger Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce

Spectrum

Canola Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 32 oz
Organic Olive Oil Mayonnaise
Organic Omega-3 Mayonnaise with Flax 16 oz
Organic Soy Mayonnaise 16 oz

Cookies and Snack Bars

Enjoy Life

Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Snickerdoodle Cookies

EnviroKidz

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

Pamela's Products

Ginger Cookies with Sliced Almonds
Organic Spicy Ginger Cookies
Simplebites Ginger Mini Snapz

Crackers

Mary's Gone Crackers

Crackers, Caraway
Crackers, Herb
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 Mozzarella Cheese

So Delicious

Blueberry Agave Sweetened Soy Yogurt
Chocolate Cultured Coconut Milk Yogurt
Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Original (Plain) Coconut Milk Beverage
Original (Plain) Coconut Milk Creamer
Original (Plain) Coconut Milk Kefir
Passionate Mango Cultured Coconut Milk Yogurt
Plain Cultured Coconut Milk Yogurt
Raspberry Cultured Coconut Milk Yogurt
Strawberry Banna Cultured Coconut Milk Yogurt
Unsweetened Coconut Milk Beverage
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
Vanilla Coconut Milk Kefir

WestSoy

Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

Organic Sliced Oven Roasted Chicken
Sliced Honey Ham
Sliced Honey Maple Turkey
Sliced Organic Oven Roasted Turkey
Sliced Organic Roast Beef
Sliced Organic Smoked Chicken

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

- Sliced Organic Smoked Turkey
- Sliced Slow Cooked Ham
- Sliced Turkey Bologna

Desserts

Purely Decadent

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

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Entrees and Mixes

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix

Lundberg Family Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Namaste

- Pizza Crust Mix

Ethnic Foods

Food Merchants

- Organic Polenta, Sundried Tomato & Garlic

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Applegate Farms

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

Frozen Foods (Cont'd)

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

Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Almond Bar, Made with Coconut Milk
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Starfish

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

Van's

- Wheat Free Blueberry Waffles
- Wheat Free French Toast Sticks Cinnamon
- Wheat Free Homestyle Waffles
- Wheat Free Mini Homestyle Waffles

Grains and Rice

Ancient Harvest

- Traditional Organic Quinoa 12 oz

Lundberg Family Farms

- 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 Short Grain Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice

Grains and Rice (Cont'd)

Lundberg Family Farms

- Organic California White Basmati Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic Wild Rice

Hair Care Products

365 Every Day Value™

- Conditioner Fragrance Free
- Conditioner Lavender Blend
- Shampoo for Dry and Normal Lavender Blend
- Shampoo for Normal and Oily Fragrance Free
- Shampoo for Normal and Oily Herbal Mint
- Shampoo for Normal and Oily Lavender Blend

Hand & Body Washes

365 Every Day Value™

- Conditioner Fragrance Free
- Shower Gel Fragrance Free
- Shower Gel Herbal Mint
- Shower Gel Lavender Blend

Jams and Nut Butters

Earth Balance

- Creamy Natural Almond Butter

Meat and Poultry

Applegate Farms

- Chicken Apple Breakfast Sausage
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Hot Dogs
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage

Nutritional Supplements

Nature's Way Alive!

- Alive! Whole Food C, 120 Vcaps
- Alive!® / 30 Tb
- Alive!® Rice/Pea Shake App-Cinn / 1.3 lbs

Nutritional Supplements (Cont'd)

Nature's Way Alive!

- Alive!® Rice/Pea Shake Vanilla / 1.3 lbs
- Alive!® Soy Shake Vanilla / 2.2 lbs

Nature's Way Sambucus

- Sambucus Immune Syrup / 4 oz
- Sambucus Immune Syrup / 8 oz
- Sambucus Syrup / 4 oz
- Sambucus for Kids / 4 oz

Nature's Way Thisilyn

- Thisilyn® Mineral Cleansing Kit / 1 kit

Nature's Way Umcka

- Umcka ColdCare® Alcohol Free Liquid / 1 oz
- Umcka ColdCare® Cherry Chewable / 20 Chw

Rainbow Light

- ACTIVE SENIOR MULTIVITAMIN 30
- CALCIUM CITRATE MINI TABS 120
- CERTIFIED ORGANIC PRENATAL MULTI 120
- EVERYDAY CALCIUM WITH ENZYMES 120
- FOOD-BASED CALCIUM 180
- FOOD-BASED CALCIUM 90
- GUMMY VITAMIN C SLICES 30
- JUST ONCE IRON-FREE MULTIVITAMIN 120
- JUST ONCE MULTIVITAMIN 120
- JUST ONCE MULTIVITAMIN 60
- MEN'S ONE MULTIVITAMIN 30
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL ONE MULTIVITAMIN 90
- PROTEIN ENERGIZER VANILLA
- WOMEN'S NUTRITIONAL SYSTEM 180

Vibrant Health

- Curcuminoids-95+
- Joint Vibrance Powder

Nuts, Seeds and Dried Fruits

Bob's Red Mill

- Organic Brown Flaxseeds
- Organic Golden Flaxseeds

Gerbs Pumpkin Seeds

- Touch of Salt Pumpkin Seed Kernels

Pasta

Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Rotelle 8 oz

Bionaturae

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

Lundberg Family Farms

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

Sweeteners

Lundberg Family Farms

- Brown Rice Syrup

Prepared Foods

Food Merchants

- Organic Polenta, Sundried Tomato & Garlic

Sauces, Salsas and Dips

Organicville

- Organic Mild Salsa
- Organic Sesame Teriyaki

Seafood

Starfish

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

Soups

Imagine Foods

- Broccoli Soup 32 oz
- Butternut Squash Soup 32 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Tomato Soup, Low Sodium 32 oz
- Potato Leek Soup 32 oz
- Tomato Basil Soup 32 oz