

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Rockville 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.

Baked Goods

WFM Gluten Free Bakehouse

Morning Glory Muffins

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Buckwheat Flour

Long Grain Brown Rice Flour

Millet Flour

White Rice Flour

Yellow Corn Meal

Bob's Red Mill

Almond Flour

Brown Rice Flour

Cornstarch

Flaxseed Meal

Baking Needs (Cont'd)

Bob's Red Mill

Garbanzo Bean Flour

Gluten Free All Purpose Baking Flour

Gluten Free Cornbread Mix

Gluten Free Homemade Wonderful Bread Mix

Gluten Free Pizza Crust Mix

Organic Amaranth Flour

Organic Coconut Flour

Organic Flaxseed Meal

Organic Golden Flaxseed Meal

Organic Golden Flaxseeds

Potato Starch

Teff Flour

White Rice Flour

Xanthan Gum

Cherrybrook Kitchen

Chocolate Frosting Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Earth Balance

Shortening

Enjoy Life

Semi-Sweet Chocolate Chips

Gluten Free Pantry

Beth's All Purpose Flour Mix

Chocolate Truffle Brownie Mix

Muffins & Scone Mix

Namaste

Brownie Mix

Pizza Crust Mix

Spice Cake Mix

Pamela's Products

Chocolate Cake Mix

Classic Vanilla Cake Mix

Gluten-Free Bread 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, 20 Ct

Cinnamon Apple Spice Tea, 20 Ct

Country Peach Passion

Decaf Green Tea, 25 Ct

Decaf Mint Green Tea, 20 Ct

Fruit Tea Sampler, 20 Ct

Honey Vanilla Chamomile Tea, 20 Ct

Lemon Zinger Tea, 20 Ct

Mint Magic Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

Peppermint Tea, 20 Ct

Raspberry Zinger Tea, 20 Ct

Red Zinger Tea, 20 Ct

Sleepytime Extra Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Tea, 40 Ct

Tension Tamer Tea, 20 Ct

So Delicious

Original (Plain) Coconut Milk Beverage

Original (Plain) Coconut Milk Kefir

Strawberry Coconut Milk Kefir

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

Bread

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 w/ Crispy Rice 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 Traditional Refried Beans, Light in Sodium

Organic Vegetarian Baked Beans

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Rice & Shine Hot Cereal

Enjoy Life

Cinnamon 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

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 Corn Flakes, 26.4 oz
Organic Honey'd Cornflakes
Organic Mesa Sunrise Cereal
Organic Mesa Sunrise Cereal, 26.4 oz

Cheese

Follow Your Heart

Vegan Gourmet Cheddar
Vegan Gourmet Monterey Jack
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

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

Organic Koku Seaweed Rice Cakes
Organic Unsalted Brown Rice Cakes
Organic Wild Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

Brown Rice Cakes
Buttery Caramel Rice Cakes
Honey Nut Rice Cakes
Organic Sea Salt Rice Chips
Sante Fe BBQ Rice Chips
Unsalted Brown Rice Cakes

Mary's Gone Crackers

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

Condiments

Follow Your Heart

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

Organicville

Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic 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 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

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Mini Cookies

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies

Cookies and Snack Bars (Cont'd)

Enjoy Life

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice 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
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies
- Simplebites Ginger Mini Snapz

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 Monterey Jack
- Vegan Gourmet Mozzarella Cheese

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 64 oz

Deli Style Meats and Cheeses

Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Black Forest Ham
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Soppressata
- 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 Slow Cooked Ham

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

Sliced Smoked Turkey
Sliced Turkey Bologna
Sliced Turkey Salami

Desserts

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Entrees and Mixes

Bob's Red Mill

TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

Chocolate Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Lundberg Family Farms

Organic Florentine Risotto
Organic Tuscan Risotto

Namaste

Brownie Mix
Pizza Crust Mix
Spice Cake Mix

Ethnic Foods

Amy's

Organic Asian Noodle Stir-Fry
Organic Black Bean Enchilada Whole Meal
Organic Black Bean Vegetable Enchilada
Organic Indian Mattar Tofu
Organic Mexican Tamale Pie

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, Traditional

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

World Foods

Malaysian Sweet Chili Coconut Dipping Sauce
Thai Coconut Galangal Stir Fry Sauce
Thai Green Curry Paste
Thai Green Curry Ready To Pour Sauce
Thai Red Curry Ready To Pour Sauce
Thai Yellow Curry Ready to Pour Sauce

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 Vegetable Enchilada
Organic Brown Rice & Vegetables Bowl
Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
Organic Indian Mattar Tofu
Organic Mexican Tamale Pie
Organic Rice Crust Spinach Pizza
Organic Roasted Vegetable Tamale Whole Meal
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

Frozen Foods (Cont'd)

Applegate Farms

Organic Turkey Burgers

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Kids Meal, Mac No Cheese

Popcorn Turkey Corn Dogs

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert

Chocolate Peanut Butter 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

Creamy Vanilla Non-Dairy Frozen Dessert

Mocha Fudge Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert

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

Mocha Almond Fudge Non-Dairy Frozen Dessert

Pomegranate Chip Non-Dairy Frozen Dessert

Purely Vanilla Non-Dairy Frozen Dessert

Turtle Trails Non-Dairy Frozen Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Coconut Almond Bar, Made with Coconut Milk

Mocha Almond Fudge Non-Dairy Frozen Coconut
Milk Dessert

Frozen Foods (Cont'd)

So Delicious

Passionate Mango Non-Dairy Frozen Coconut Milk
Dessert

Vanilla Bar, Made with Coconut Milk

Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

Starfish

Crispy Battered Gluten Free Cod

Crispy Battered Gluten Free Haddock

Crispy Battered Gluten Free Halibut

Sweet Nothings

Non-Dairy Fudge Bar

Van's

Wheat Free Blueberry Waffles

Wheat Free Buckwheat Waffles

Wheat Free Flax Waffles

Wheat Free French Toast Sticks Cinnamon

Wheat Free Homestyle Waffles

Grains and Rice

Ancient Harvest

Traditional Organic Quinoa 12 oz

Lundberg Family 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 Wild Blend Gourmet Blend Rice

Organic California Brown Basmati Rice

Organic California White Basmati Rice

Organic Long Grain Brown Rice

Organic Short Grain Brown Rice

Organic Wild Rice

Hair Care Products

365

Shampoo for Normal and Oily Citrus Grapefruit

Hair Care Products (Cont'd)

365 Every Day Value™

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

Hand & Body Lotions

365

Body Lotion Lavender Blend

365 Every Day Value™

Body Lotion Citrus Grapefruit

Hand & Body Washes

365 Every Day Value™

Conditioner Fragrance Free
Shower Gel Citrus Grapefruit
Shower Gel Fragrance Free
Shower Gel Herbal Mint
Shower Gel Lavender Blend

Jams and Nut Butters

Earth Balance

Creamy Natural Almond Butter

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

Meat and Poultry

Applegate Farms

Big Apple Hot Dogs
Chicken Apple Breakfast Sausage
Organic Beef Hot Dogs
Organic Hot Dogs
Organic Turkey Burgers
Organic Turkey Hot Dogs

Nutritional Supplements

Nature's Way

0 Vegetarian capsules (box) / 100

Nature's Way Alive!

Alive! PowerActive Juice (COG) / 32 oz.
Alive!® Soy Shake Vanilla / 2.2 lbs

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz
Sambucus Lozenge / 30
Sambucus Syrup / 4 oz

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Children's Cherry Syrup / 4 oz
Umcka® Cold+Flu Berry Syrup / 4 oz.

Pioneer Nutrition

Vitamin Mineral, Chewable- 180 Wafers

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 30
BUSY BRAIN RELEASE 60
COMPLETE B-COMPLEX 90
COMPLETE PRENATAL SYSTEM 180
COMPLETE PRENATAL SYSTEM 360
EVERYDAY CALCIUM WITH ENZYMES 240
EVERYONE'S OMEGA 60
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
GUMMY VITAMIN C SLICES 30
JUST ONCE IRON-FREE MULTIVITAMIN 120
JUST ONCE MULTIVITAMIN 120
KID'S ONE MULTISTARS 30

Nutritional Supplements (Cont'd)

Rainbow Light

KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 90
MAGNESIUM CALCIUM "+" 180
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER VANILLA
SUPER C 1000 60
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Organic Golden Flaxseeds

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Shells 8 oz
Quinoa Supergrain Pasta, Spaghetti 8 oz

Bionaturae

Organic Gluten Free Elbows Pasta
Organic Gluten Free Fusilli
Organic Gluten Free Linguine
Organic Gluten Free Penne Rigate
Organic Gluten Free Rigatoni
Organic Gluten Free Spaghetti

DeBoles Foods

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

Lundberg Family Farms

Organic Brown Rice Penne Pasta
Organic Brown Rice Rotini Pasta
Organic Brown Rice Spaghetti Pasta

Pasta Sauce

Amy's

Organic Family Marinara Pasta Sauce
Organic Tomato Basil Pasta Sauce, Light in Sodium

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

Organic Black Bean & Corn Salsa
Organic Medium Salsa
Organic Mild Salsa
Organic Spicy Chipotle Salsa

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

World Foods

Malaysian Sweet Chili Coconut Dipping Sauce
Thai Coconut Galangal Stir Fry Sauce
Thai Green Curry Ready To Pour Sauce
Thai Red Curry Ready To Pour Sauce
Thai Yellow Curry Ready to Pour Sauce

Seafood

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock
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

Soups (Cont'd)

Amy's

- Organic Lentil Soup, Light in Sodium
- 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 Spicy Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)

Imagine Foods

- Butternut Squash Soup 16 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
- 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 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
- Vegetable Broth 32 oz

Spices and Seasonings

Bob's Red Mill

- Cornstarch

World Foods

- Thai Green Curry Paste