

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Oakville Store, Midwest 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-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.

Baby & Child Products

Hugo Naturals

- Lavender & Chamomile Baby Mist
- Shea Butter Baby Powder

Baked Goods

Kinnikinnick

- Cinnamon Sugar Donuts

Udi's

- GF Blueberry Muffins
- GF Cinnamon Rolls
- GF Double Chocolate Muffins
- GF Lemon Streusel Muffins

WFM Gluten Free Bakehouse

- Blueberry Muffins
- Chocolate Chip Cookies
- Prairie Bread
- Sandwich Bread

Baking Needs

Ener-G

- Xanthan Gum

Enjoy Life

- Semi-Sweet Chocolate Chips

Let's Do... Organic

- Organic Cornstarch
- Organic Reduced Fat Shredded Coconut

Bar Soap

Hugo Naturals

- French Lavender Bar Soap
- Geranium & Indonesian Patchouli Bar Soap
- Grapefruit Bar Soap
- Indonesian Patchouli & Sandalwood Bar Soap
- Mexican Lime & Bergamot Bar Soap
- Shea Butter & Chamomile Bar Soap
- Spearmint Bar Soap
- Unscented Bar Soap
- Vanilla & Sweet Orange Bar Soap

Bath Salts/Sugars/Scrubs

Hugo Naturals

- Brown Sugar & Kumquat Body Polish
- Eucalyptus, Rosemary & Mint Fizzy Bath Bomb
- French Lavender Dead Sea Salt Body Scrub
- Guaiacwood & Bergamot Fizzy Bath Bomb
- Rose & Sandalwood Fizzy Bath Bomb
- Sea Fennel & Passionflower Fizzy Bath Bomb
- Sea Fennel & Passionflower Sea Salt and Sugar Body Scrub

Bread

Ener-G

- High Fiber Loaf
- White Rice Loaf Yeast Free

Food For Life

- Brown Rice Bread, Wheat & Gluten Free
- Raisin Pecan Bread, Wheat & Gluten Free
- Rice Almond Bread, Wheat & Gluten Free
- White Rice Bread, Wheat & Gluten Free
- Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Glutino

- Bagels, Cinnamon 'n Raisin
- Bagels, Plain
- Bagels, Sesame Seed
- English Muffins
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread

Kinnikinnick

- Candadi Yeast Free Multigrain Rice Bread
- Personal Size Pizza Crusts
- Tapioca Rice Hamburger Buns
- Tapioca Rice Sesame Bagels

Udi's

- GF Cinnamon Raisin Bagels
- GF Cinnamon Raisin Bread
- GF Classic Hamburger Buns
- GF Classic Hot Dog Buns
- GF Pizza Crusts 9"
- GF Plain Bagels
- GF White Sandwich Bread

Bread (Cont'd)

Udi's

- GF Whole Grain Bagels
- GF Whole Grain Bread
- GF Whole Grain Hamburger Buns

WFM Gluten Free Bakehouse

- Prairie Bread
- Sandwich Bread

Candy and Chocolate

Endangered Species Chocolate

- Milk Chocolate with Almonds - Crane
- Smooth Milk Chocolate - Sea Otter
- Supreme Dark Chocolate - Chimpanzee

Let's Do... Organic

- Organic Classic Gummi Bears
- Organic Jelly Gummi Bears

Canned Goods

Native Forest

- Organic Hearts of Palm

Cereal

Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

Enjoy Life

- Cinnamon Crunch Granola
- Crunchy Flax Cereal
- Crunchy Rice Cereal
- Very Berry Crunch Granola

EnviroKidz

- Gorilla Munch Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal

Erewhon

- Corn Flakes

Nature's Path

- Organic Crispy Rice Cereal
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz

Cereal (Cont'd)

Nature's Path

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

Chips/Pretzels/Snacks

Food Should Taste Good

- Blue Corn Tortilla Chips
- Multigrain Tortilla Chips
- Olive Tortilla Chips
- Sweet Potato Tortilla Chips
- White Cheddar Tortilla Chips

Late July

- Late July Dude Ranch Multigrain
- Late July Mild Green Mojo
- Late July Multigrain Sea Salt

Lundberg Family Farms

- Organic Cinnamon Toast Rice Cake

Mary's Gone Crackers

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

Condiments

Eden

- Tamari Soy Sauce, Naturally Brewed 10 oz
- Tamari Soy Sauce, Naturally Brewed 20 oz

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 Dressing, Sesame Goddess
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Original BBQ Sauce
- Organic Tangy BBQ Sauce

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 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
- Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

- Chocolate Coated Chocolate Wafers
- Chocolate Coated Vanilla Wafers
- Lemon Wafers

Schar

- Cocoa Wafers

Udi's

- GF Chocolate Chip Cookies
- GF Snickerdoodle Cookies

WFM Gluten Free Bakehouse

- Chocolate Chip Cookies

Cosmetics

Kiss My Face

- Garnet Shimmer .8 oz
- Topaz Shimmer .8 oz

Crackers

Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Unsalted Sesame

Mary's Gone Crackers

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

Dairy

Earth Balance

Soy Garden Buttery Spread

Dairy Alternatives

Blue Diamond

Almond Breeze, Chocolate

Almond Breeze, Original

Almond Breeze, Vanilla

Deodorant

Hugo Naturals

Mexican Lime & Bergamot Deodorant

Sea Fennel & Passionflower Deodorant

Unscented Deodorant

Kiss My Face

Liquid Rock Lavender Deodorant 3 oz

Energy and Nutrition Bars/Drinks

Bumble Bar

Awesome Apricot

Lushus Lemon

Original with Almond

Original with Cashew

Original with Hazelnut

Original with Peanut

Tasty Tropical

MacroBar

Almond Butter with Carob

Cashew Butter

Cherries 'N Berries

Granola with Coconut

Peanut Butter Chocolate Chip

Peanut Protein

Tahini Date

Entrees and Mixes

Lundberg Family Farms

Organic Florentine Risotto

Organic Porcini Wild Mushroom Risotto

Organic Tuscan Risotto

Entrees and Mixes (Cont'd)

Road's End Organics

Dairy Free Alfredo Style Mac & Chreese

Organic Savory Herb Gravy Mix

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Miso-Cup, Organic Reduced Sodium

Miso-Cup, Organic Traditional with Tofu

Miso-Cup, Original Golden Vegetable

Food For Life

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Premier Japan

Organic Wheat-Free Hoisin Sauce

Organic Wheat-Free Teriyaki Sauce

Fragrances & Perfumes

Hugo Naturals

Travel Size French Lavender Essential Mist

Travel Size Vanilla & Sweet Orange Essential Mist

Vanilla & Sweet Orange Essential Mist

Frozen Foods

Glutenfreeda

Vegetarian Non-Dairy Burrito

Ian's Natural Foods

Alpha Tots

Chicken Fingers, Allergen Free

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Kinnikinnick

Candadi Yeast Free Multigrain Rice Bread

Cinnamon Sugar Donuts

Homestyle Waffles, Original

Tapioca Rice Hamburger Buns

Tapioca Rice Sesame Bagels

Frozen Foods (Cont'd)

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Homestyle Waffles

Grains and Rice

Eden

- Organic Buckwheat, Hulled Whole Grain
- Organic Millet, Whole Grain

Lundberg Family Farms

- Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb
- Organic Porcini Wild Mushroom Risotto

Hair Care Products

365 Every Day Value™

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

Hugo Naturals

- Balancing Conditioner (French Lavender & Tea Tree)
- Moisturizing & Restoring Conditioner (Red Tea & Ylang Ylang)
- Moisturizing & Restoring Shampoo (Red Tea & Ylang Ylang)
- Protecting Conditioner (Geranium)
- Travel Size Volumizing Shampoo (Vanilla & Sweet Orange)
- Volumizing Conditioner (Vanilla & Sweet Orange)
- Volumizing Shampoo (Vanilla & Sweet Orange)

Hand & Body Lotions

365 Every Day Value™

- Body Lotion Fragrance Free
- Body Lotion Herbal Mint
- Body Lotion Lavender Blend

Hugo Naturals

- French Lavender All Over Lotion
- Lavender Body Butter
- Lemon Verbena & Bergamot All Over Lotion
- Mango & Sweet Orange Body Butter
- Sea Fennel & Passionflower All Over Lotion
- Unscented All Over Lotion
- Vanilla & Sweet Orange All Over Lotion
- Vanilla & Sweet Orange Body Butter
- Vanilla & Sweet Orange Lotion

Kiss My Face

- Grapefruit & Bergamot Hand Crème 4 oz
- Honey & Calendula Moisturizer 4 oz
- Peaches & Crème Moisturizer 16 oz
- Peppermint Foot Crème 4 oz
- Vitamin A&E Moisturizer 16 oz
- Vitamin A&E Moisturizer 4 oz

Hand & Body Washes

365 Every Day Value™

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

Hugo Naturals

- French Lavender Shower Gel
- Grapefruit Liquid Hand Soap
- Grapefruit Shower Gel
- Lemon Verbena & Bergamot Liquid Hand Soap
- Lemon Verbena & Bergamot Shower Gel
- Shea Butter & Chamomile Foaming Milk Bath
- Shea Butter & Chamomile Shampoo & Baby Wash
- Shea Butter & Oatmeal Foaming Hand Soap
- Spearmint Shower Gel
- Vanilla & Sweet Orange Shower Gel

Kiss My Face

- Anti-Stress Shower Gel 16 oz
- Grapefruit & Bergamot Refill 17.5 oz

Hand & Body Washes (Cont'd)

Kiss My Face

Lavender & Chamomile Foaming Soap 8.75 oz
Lemon & Ginger Foaming Soap 8.75 oz
Orange U Smart Bubble Wash 12 oz
Orange U Smart Foaming Hand Soap 8 oz
Orange U Smart Whale Soap Duo 2-3.5 oz
Peaceful Patchouli Shower Gel 16 oz
Rough Thyme Shower Gel 16 oz

Lip Balms

Badger

Coffee Roast Lip Balm Stick
Lime Cocoa Butter Lip Balm

Hugo Naturals

Grapefruit Lip Balm
Pineapple Coconut Lip Balm
Vanilla & Sweet Orange Lip Balm

Kiss My Face

Garnet Shimmer .8 oz
Topaz Shimmer .8 oz

Nutritional Supplements

Amazing Grass

Green SuperFood Chocolate
Green SuperFood Original
Wheat Grass

CHLROESSENCE

150g Powder

MACASURE

120 Caps

Nature's Way Thisilyn

Thisilyn® Daily Cleanse / 90 Vcaps®

Sequel Naturals

Chloressence - 150 Tabs
Macasure - 90g Powder

VEGA

Bodacious Berry
Choc-a-lot
Green Synergy
Smoothie Infusion 454g Bag

Nutritional Supplements (Cont'd)

VEGA

Tropical Tango

Vega

250ml

Nuts/Seeds/Dried Fruits

Enjoy Life

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

Oils - Essential/Massage/Aromatic

Hugo Naturals

French Lavender Massage & Body Oil
Lavender & Chamomile Baby Mist
Patchouli & Sandalwood Massage & Body Oil

Ointments/Salves/Gels/Antiseptics

Badger

Baby Balm
Cuticle Care Tin
Foot Balm
Sore Joint Rub
Winter Wonder Rub

Hugo Naturals

French Lavender Organic Hand Sanitizer 2 oz

Personal Care

Hugo Naturals

Shea Butter Baby Powder

Kiss My Face

Triple Action Toothpaste 3.4 oz
Whitening Toothpaste 3.4 oz

Natracare

Breathable Panty Liners - 30 CT
Curved Panty Liners - 30 CT
Nursing Pads - 25 CT
ORGANIC Regular Applicator Tampons - 16 CT
ORGANIC Regular Non-Applicator Tampons - 20 CT

Personal Care (Cont'd)

Natracare

- ORGANIC Super Applicator Tampons - 16 CT
- ORGANIC Super Non-Applicator Tampons - 20 CT
- ORGANIC Super Plus Non-Applicator Tampons - 20 CT
- Regular Pads - 14 CT
- Slender Pads - 20 CT
- Tanga Panty Liners - 30 CT
- Ultra w/ Wings - Regular Pad - 14 CT
- Ultra w/ Wings - Super Pad - 12 CT

Tom's of Maine

- Lemongrass Long Lasting Stick Deodorant

Sauces/Salsas/Dips

Organicville

- Organic Tangy BBQ Sauce

Premier Japan

- Organic Wheat-Free Hoisin Sauce
- Organic Wheat-Free Teriyaki Sauce

Road's End Organics

- Organic Savory Herb Gravy Mix

Shaving Aids

Kiss My Face

- Cool Mint Moisture Shave 11 oz
- Fragrance Free Moisture Shave 11 oz
- Key Lime Moisture Shave 11 oz
- Lavender & Shea Moisture Shave 11 oz
- Patchouli Moisture Shave 11 oz

Soups

Edward & Sons

- Miso-Cup, Organic Reduced Sodium
- Miso-Cup, Organic Traditional with Tofu
- Miso-Cup, Original Golden Vegetable