

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Yorkville 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
- Vanilla & Chamomile Baby Oil

Baked Goods

Kinnikinnick

- Vanilla Glazed Donuts

Udi's

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

WFM Gluten Free Bakehouse

- Blueberry Muffins
- Chocolate Chip Cookies
- Pizza Crust
- Prairie Bread

Baked Goods (Cont'd)

WFM Gluten Free Bakehouse

- Sandwich Bread

Baking Needs

Ener-G

- Xanthan Gum

Let's Do...

- Carnival Sprinkelz
- Chocolatey Sprinkelz

Let's Do... Organic

- Organic Cornstarch
- Organic Reduced Fat Shredded Coconut

Bar Soap

Hugo Naturals

- French Lavender Bar Soap
- Geranium & Indonesian Patchouli Bar Soap

Bar Soap (Cont'd)

Hugo Naturals

- Grapefruit Bar Soap
- Indonesian Patchouli & Sandalwood Bar Soap
- Mexican Lime & Bergamot Bar Soap
- Spearmint Bar Soap
- Unscented Bar Soap
- Vanilla & Sweet Orange Bar Soap
- Wild African Rose Bar Soap

Kiss My Face

- Olive & Aloe Bar Soap 4 oz
- Olive & Aloe Bar Soap 8 oz
- Olive & Lavender Bar Soap 8 oz
- Pure Olive Oil Bar Soap 8 oz

Bath Salts/Sugars/Scrubs

Hugo Naturals

- French Lavender Effervescent Bath Salts
- Grapefruit Himalayan Pink Salt Body Scrub
- Guaiacwood & Bergamot Fizzy Bath Bomb
- Rose & Sandalwood 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, Plain
- Bagels, Poppy Seed
- Bagels, Sesame Seed
- English Muffins
- Premium Cinnamon & Raisin Bread
- Premium Fiber Bread
- Premium Flax Seed Bread

Bread (Cont'd)

Glutino

- Premium Pizza Crusts

Kinnikinnick

- 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
- 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

- Dark Chocolate with Cranberries & Almonds - Wolf
- Dark Chocolate with Deep Forest Mint
- Dark Chocolate with Raspberries - Grizzly Bear
- Extreme Dark Chocolate - Panther
- Milk Chocolate with Almonds - Crane
- Smooth Milk Chocolate - Sea Otter
- Supreme Dark Chocolate - Chimpanzee

Glee Gum

- Glee Cinnamon Gum
- Glee Peppermint Gum
- Glee Tangerine Gum
- Glee Triple Berry Gum

Let's Do...

- Carnival Sprinkelz
- Chocolatey Sprinkelz

Let's Do... Organic

- Organic Classic Gummi Bears
- Organic Jelly Gummi Bears

Canned Goods

Native Forest

- Green Asparagus Spears
- 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

EnviroKidz

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

Erewhon

- Cocoa Crispy Brown Rice
- Corn Flakes
- Crispy Brown Rice - Gluten Free
- Crispy Brown Rice w/ Mixed Berries
- Strawberry Crisp

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

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

Chips/Pretzels/Snacks (Cont'd)

Late July

- Late July Multigrain Sea Salt

Lundberg Family Farms

- Organic Caramel Corn Rice Cakes
- Organic Cinnamon Toast Rice Cake

Mary's Gone Crackers

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

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, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce
- Organic Tangy BBQ Sauce

Cookies and Snack Bars

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 No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookies
- Very Berry Snack Bars

Cookies and Snack Bars (Cont'd)

EnviroKidz

Koala Organic Crispy Rice Bars, Chocolate
Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

Chocolate Coated Chocolate Wafers
Chocolate Coated Vanilla Wafers
Lemon Wafers

Jennie's

Almond Macaroons
Coconut Macaroons

Schar

Cocoa Wafers

Udi's

GF Chocolate Chip Cookies
GF Snickerdoodle Cookies

WFM Gluten Free Bakehouse

Chocolate Chip Cookies

Crackers

Edward & Sons

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

Dairy Alternatives (Cont'd)

Blue Diamond

Almond Breeze, Vanilla

Dental Care Products

Kiss My Face

Berry Smart Toothpaste Fluoride Free 4 oz

Deodorant

Hugo Naturals

Mexican Lime & Bergamot Deodorant
Sea Fennel & Passionflower Deodorant
Unscented Deodorant

Kiss My Face

Liquid Rock Fragrance Free Deodorant 3 oz
Liquid Rock Lavender Deodorant 3 oz

Energy and Nutrition Bars/Drinks

Bumble Bar

Chai with Almonds
Original with Almond
Original with Hazelnut
Original with Peanut

MacroBar

Almond Butter with Carob

Entrees and Mixes

Edward & Sons

Organic Home Style Mashed Potato Mix
Organic Roasted Garlic Mashed Potato Mix

Lundberg Family Farms

Organic Alfredo Risotto
Organic Florentine Risotto
Organic Porcini Wild Mushroom Risotto
Organic Tuscan Risotto

Road's End Organics

Dairy Free Alfredo Style Mac & Chreese
Dairy Free Cheddar Style Penne & Chreese

Entrees and Mixes (Cont'd)

Tasty Bite

- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils
- Punjab Eggplant

Ethnic Foods

Edward & Sons

- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Tamari Sesame
- Miso-Cup, Organic Reduced Sodium
- Miso-Cup, Organic Traditional with Tofu

Food For Life

- Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Premier Japan

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

Tasty Bite

- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils
- Punjab Eggplant

Facial Care Products

Kiss My Face

- Start Up Exfoliating Face Wash 4 oz

Fragrances & Perfumes

Hugo Naturals

- French Lavender Essential Mist
- Travel Size Vanilla & Sweet Orange Essential Mist

Frozen Foods

Glutenfreeda

- Vegetarian Non-Dairy Burrito

Ian's Natural Foods

- Alpha Tots
- Ian's Chicken Nuggets, Allergen Free

Frozen Foods (Cont'd)

Ian's Natural Foods

- Ian's Fish Sticks, Allergen Free

Kinnikinnick

- Tapioca Rice Sesame Bagels
- Vanilla Glazed Donuts

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 Alfredo Risotto
- 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)
- Balancing Shampoo (French Lavender & Tea Tree)
- Color Protecting Shampoo (Geranium)
- Moisturizing & Restoring Conditioner (Red Tea & Ylang Ylang)
- Moisturizing & Restoring Shampoo (Red Tea & Ylang Ylang)
- Smoothing & Defining Conditioner (Coconut)

Hair Care Products (Cont'd)

Hugo Naturals

- Volumizing Conditioner (Vanilla & Sweet Orange)
- Volumizing Shampoo (Vanilla & Sweet Orange)

Kiss My Face

- Upper Management Styling Gel 8 oz

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
- Grapefruit All Over Lotion
- Lemon Verbena & Bergamot All Over Lotion
- Shea Butter & Oatmeal All Over Lotion
- Unscented All Over Lotion
- Vanilla & Sweet Orange All Over Lotion
- Vanilla & Sweet Orange Lotion

Kiss My Face

- Grapefruit & Bergamot Hand Crème 4 oz
- Honey & Calendula Moisturizer 16 oz
- Honey & Calendula Moisturizer 4 oz

Hand & Body Washes

365 Every Day Value™

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

Hugo Naturals

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

Hand & Body Washes (Cont'd)

Hugo Naturals

- Shea Butter & Oatmeal Shower Gel
- Vanilla & Sweet Orange Foaming Hand Soap
- Vanilla & Sweet Orange Shower Gel

Kiss My Face

- Active Athletic Shower Gel 16 oz
- Early to Bed Shower Gel 16 oz
- Early to Rise Shower Gel 16 oz
- Grapefruit & Bergamot Foaming Soap 8.75 oz
- Grapefruit & Bergamot Refill 17.5 oz
- Lemon & Ginger Refill 17.5 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
- Rough Thyme Shower Gel 16 oz

Lip Balms

Badger

- Creamy Cocoa Lip Balm Stick
- Sweet Orange Cocoa Butter Lip Balm
- Unscented Lip Care

Nutritional Supplements

Amazing Grass

- Green SuperFood Berry
- Green SuperFood Chocolate
- Green SuperFood Original
- Wheat Grass

CHLROESSENCE

- 150g Powder
- 300 Tabs

MACASURE

- 120 Caps
- 180g Powder

Sequel Naturals

- Chloressence - 150 Tabs
- Macasure - 60 Caps
- Macasure - 90g Powder

Nutritional Supplements (Cont'd)

VEGA

- Berry
- Bodacious Berry
- Choc-a-lot
- Chocolate
- Green Synergy
- Smoothie Infusion 454g Bag
- Tropical Tango
- Vanilla Almondilla
- Wholesome Original

Vega

250ml

Vibrant Health

Field of Greens 30 serving

Nuts/Seeds/Dried Fruits

Enjoy Life

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

Oils - Essential/Massage/Aromatic

Hugo Naturals

- Eucalyptus Massage & Body Oil
- French Lavender Massage & Body Oil
- Lavender & Chamomile Baby Mist
- Vanilla & Chamomile Baby Oil

Ointments/Salves/Gels/Antiseptics

Badger

- Winter Wonder Rub
- Yoga & Meditation Balm

Hugo Naturals

French Lavender Organic Hand Sanitizer 4 oz

Personal Care

Hugo Naturals

Shea Butter Baby Powder

Personal Care (Cont'd)

Kiss My Face

- Triple Action Toothpaste 3.4 oz
- Whitening Toothpaste 3.4 oz

Natracare

- Maternity Pads - 10 CT
- Night-Time Pads - 10 CT
- ORGANIC Regular Applicator Tampons - 16 CT
- ORGANIC Regular Non-Applicator Tampons - 20 CT
- ORGANIC Super Applicator Tampons - 16 CT
- ORGANIC Super Non-Applicator Tampons - 20 CT
- ORGANIC Super Plus Non-Applicator Tampons - 20 CT
- Tanga Panty Liners - 30 CT

Tom's of Maine

Lemongrass Long Lasting Stick Deodorant

Sauces/Salsas/Dips

Organicville

- Organic Pineapple Salsa
- Organic Tangy BBQ Sauce

Premier Japan

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

Shaving Aids

Kiss My Face

- 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