

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wellesley Store, North 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

Arrowhead Mills

- Millet Flour
- White Rice Flour
- Yellow Corn Meal

Bob's Red Mill

- Flaxseed Meal
- Gluten Free All Purpose Baking Flour
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Pancake Mix
- GlutenFree Rolled Oats
- Guar Gum
- Hazelnut Meal/Flour
- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Xanthan Gum

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Pancake & Waffle Mix
- Vanilla Frosting
- Vanilla Frosting Mix

Earth Balance

- Shortening

Enjoy Life

- Semi-Sweet Chocolate Chips

Gluten Free Pantry

- All-Purpose GF Baking Flour Mix
- French Bread & Pizza Mix
- Muffins & Scone Mix
- Perfect Pie Crust Mix

Namaste

- Waffle & Pancake Mix

Baking Needs (Cont'd)

Pamela's Products

Vanilla Frosting Mix

Beverages

Celestial Seasonings

Chamomile Tea, 20 Ct

Mint Magic Tea, 20 Ct

Peppermint Tea, 40 Ct

Sleepytime Tea, 20 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

Bread

Enjoy Life

Original Bagels

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Bob's Red Mill

GlutenFree Rolled Oats

EnviroKidz

Amazon Frosted Flakes 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, 26.4 oz

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

Chips, Pretzels and Snacks

Food Should Taste Good

Olive Tortilla Chips 1.5 oz

Sweet Potato Tortilla Chips 6 oz

Food Should Taste Good

Chocolate Tortilla Chips 6 oz

Multigrain Tortilla Chips 6 oz

Olive Tortilla Chips 6 oz

Lundberg Family Farms

Organic Mochi Sweet Rice Cakes

Organic Sea Salt Rice Chips

Organic Unsalted Brown Rice Cakes

Sante Fe BBQ Rice Chips

Sesame Tamari Rice Cakes

Condiments

Follow Your Heart

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

Vegenaise, Original

Organicville

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

Enjoy Life

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies

EnviroKidz

Koala Organic Crispy Rice Bars, Chocolate

Panda Organic Crispy Rice Bars, Peanut Butter

Penguin Organic Crispy Rice Bars, Fruity Burst

Cookies and Snack Bars (Cont'd)

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Caraway
Crackers, Herb
Crackers, Onion
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

So Delicious

Blueberry Agave Sweetened Soy 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 Non-Dairy Frozen Coconut Milk Dessert
Plain Cultured Coconut Milk Yogurt
Strawberry Banna Cultured Coconut Milk Yogurt
Strawberry Coconut Milk Kefir
Unsweetened Coconut Milk Beverage

Dairy Alternatives (Cont'd)

So Delicious

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
Vanilla Coconut Milk Beverage
Vanilla Cultured Coconut Milk Yogurt

WestSoy

Plus Soy Beverage, Plain 64 oz

Deli Style Meats and Cheeses

Applegate Farms

Organic Sliced Oven Roasted Chicken
Sliced Authentic Prosciutto
Sliced 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 Turkey Bologna
Sliced Turkey Salami

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
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

Dark Chocolate Bar - 7 pack
Dark Chocolate Bars - individual bars

Entrees and Mixes

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix
Pancake & Waffle Mix
Vanilla Frosting Mix

Lundberg Family Farms

Organic Tuscan Risotto

Namaste

Waffle & Pancake Mix

Pamela's Products

Vanilla Frosting Mix

Ethnic Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional
Organic Quinoa Polenta, Heirloom Red & Black

Frozen Foods

Ian's Natural Foods

Ian's Fish Sticks, Allergen Free

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle Waffles

Purely Decadent

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

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk
Dessert

Frozen Foods (Cont'd)

So Delicious

Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Halibut

Van's

Wheat Free Blueberry Waffles
Wheat Free Flax Waffles
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 Brown Basmati Rice
Eco-Farmed California White Arborio Rice
Eco-Farmed California White Basmati Rice
Eco-Farmed California White Jasmine 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
Organic California Brown Jasmine Rice, 25 lb
Organic California White Basmati Rice
Organic Long Grain Brown Rice
Organic Quick Wild Rice
Organic Short Grain Brown Rice
Organic Wild Rice

Hair Care Products

365 Every Day Value™

Conditioner Fragrance Free
Shampoo for Dry and Normal Herbal Mint
Shampoo for Normal and Oily Fragrance Free
Shampoo for Normal and Oily Herbal Mint

Hand & Body Washes

365 Every Day Value™

Shower Gel Lavender Blend

Jams and Nut Butters

Earth Balance

Creamy Natural Almond Butter

Meat and Poultry

Applegate Farms

Beef Hot Dogs
Big Apple Hot Dogs
Chicken Hot Dogs
Organic Hot Dogs
Sliced Sunday Bacon
Sliced Turkey Bacon
Turkey Hot Dogs

Nutritional Supplements

Nature's Way Alive!

Alive!® (no iron added) / 90 Vcaps®

Pioneer Nutrition

Vitamin C Complex 1000 MG 120ct

Pioneer Nutrition

Supertonic Energy Formula - 60 tab
Vitamin Mineral 1+, Iron Free

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30
CERTIFIED ORGANIC WOMENS MULTI 120
COMPLETE PRENATAL SYSTEM 180
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY CALCIUM WITH ENZYMES 240
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
MEN'S ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Organic Brown Flaxseeds

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Elbows 8 oz
Quinoa Supergrain Pasta, Garden Pagodas 8 oz

Bionaturae

Organic Gluten Free Fusilli
Organic Gluten Free Linguine
Organic Gluten Free Penne Rigate
Organic Gluten Free Rigatoni

DeBoles Foods

Multi-Grain Spaghetti

Lundberg Family Farms

Organic Brown Rice Rotini Pasta

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional
Organic Quinoa Polenta, Heirloom Red & Black

Seafood

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Halibut

Soups

Imagine Foods

Creamy Tomato Soup 16 oz
Free Range Chicken Broth 32 oz
Organic Acorn Squash & Mango Soup 32 oz
Organic Portabello Mushroom Soup 32 oz
Organic Sweet Pea Soup 32 oz
Organic Vegetable Broth, Low Sodium 32 oz
Potato Leek Soup 32 oz
Tomato Basil Soup 32 oz