

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cambie Store, Pacific Northwest 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.

Baked Goods

Kinnikinnick

Cinnamon Sugar Donuts

Udi's

GF Blueberry Muffins

GF Cinnamon Rolls

GF Lemon Streusel Muffins

WFM Gluten Free Bakehouse

Chocolate Chip Cookies

Prairie Bread

Baking Needs

Enjoy Life

Semi-Sweet Chocolate Chips

Let's Do...

Carnival Sprinkelz

Chocolatey Sprinkelz

Confetti Sprinkelz

Baking Needs (Cont'd)

Let's Do... Organic

Organic Coconut Flakes

Orgran

Egg Replacer

Bar Soap

Hugo Naturals

French Lavender Bar Soap

Geranium & Indonesian Patchouli 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

Bar Soap (Cont'd)

Kiss My Face

- Olive & Green Tea Bar Soap 4 oz
- Olive & Honey Bar Soap 4 oz
- Olive & Honey Bar Soap 8 oz
- Olive & Lavender Bar Soap 4 oz
- Olive & Lavender Bar Soap 8 oz
- Pure Olive Oil Bar Soap 4 oz
- Pure Olive Oil Bar Soap 8 oz

Bath Salts/Sugars/Scrubs

Hugo Naturals

- Guaiacwood & Bergamot Fizzy Bath Bomb
- Mango & Guava Effervescent Bath Salts
- Rose & Sandalwood Fizzy Bath Bomb
- Sea Fennel & Passionflower Fizzy Bath Bomb
- Vanilla & Sweet Orange Effervescent Bath Salts

Kiss My Face

- Peppermint Foot Scrub 4 oz

Beverages

Dagoba

- Unsweetened Hot Chocolate - FTC, 8 oz
- Xocolatl Hot Chocolate - FTC, 12 oz

Bread

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, Poppy Seed
- Bagels, Sesame Seed
- English Muffins
- Premium Cinnamon & Raisin Bread
- Premium Corn Bread

Bread (Cont'd)

Glutino

- Premium Fiber Bread
- Premium Flax Seed Bread

Kinnikinnick

- Candadi Yeast Free Multigrain Rice Bread
- Many Wonder Multigrain Rice Bread
- Personal Size Pizza Crusts
- Robins Honey Brown Rice Bread
- Tapioca Rice Hamburger Buns

Udi's

- GF Cinnamon Raisin Bagels
- GF Cinnamon Raisin Bread
- GF Classic Hamburger Buns
- GF Classic Hot Dog Buns
- GF Millet-Chia Bread
- 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

Candy and Chocolate

Dagoba

- ECLIPSE 87% Extra bittersweet
- XOCOLATL 74% Chilies/cacao nibs

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

Candy and Chocolate (Cont'd)

Glee Gum

Glee Triple Berry Gum

Let's Do...

Carnival Sprinkelz
Chocolatey Sprinkelz
Confetti Sprinkelz

Let's Do... Organic

Organic Classic Gummi Bears
Organic Jelly Gummi Bears
Organic Super Sour Gummi Bears

Canned Goods

Native Forest

Organic Pineapple Slices

Cereal

Enjoy Life

Cinnamon Crunch Granola
Cranapple Crunch Granola
Crunchy Flax Cereal
Crunchy Rice Cereal

EnviroKidz

Gorilla Munch Organic Cereal
Koala Crisp 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

Chips/Pretzels/Snacks

Food Should Taste Good

Blue Corn Tortilla Chips
Multigrain Tortilla Chips
Olive Tortilla Chips
Sweet Potato Tortilla Chips

Chips/Pretzels/Snacks (Cont'd)

Food Should Taste Good

White Cheddar Tortilla Chips

Kettle Brand

Potato Chips, Organic Chipotle Chili BBQ 5 oz
Potato Chips, Organic Lightly Salted 5 oz

Late July

Late July Dude Ranch Multigrain
Late July Mild Green Mojo
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
Sticks & Twigs, Tomato Chipotle

Pirate Brands

Pirate's Booty Aged White Cheddar
Pirate's Booty Chocolate
Pirate's Booty Sour Cream and Onion
Pirate's Booty Veggie

Condiments

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Orange Cranberry Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sesame Goddess
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Non-Dairy Thousand Island Dressing
Organic Original BBQ Sauce

Condiments (Cont'd)

The Wizard's Sauce

Organic Wheat-Free Vegan Worcestershire

Cookies and Snack Bars

Enjoy Life

Caramel Apple Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked No-Oats "Oatmeal" Cookie
Soft Baked Snickerdoodle Cookies
Sunbutter Crunch Snack Bars
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

Kinnikinnick

KinniKritters Animal Cookies
KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
Montana's Chocolate Chip Cookies
S'moreables Graham Style Crackers

Schar

Cocoa Wafers

Udi's

GF Chocolate Chip Cookies
GF Snickerdoodle Cookies

WFM Gluten Free Bakehouse

Chocolate Chip Cookies

Cosmetics

Kiss My Face

Amethyst Shine .5 oz
Garnet Shine .5 oz
Opal Shimmer .8 oz

Cosmetics (Cont'd)

Kiss My Face

Opal Shine .5 oz
Ruby Shimmer .8 oz

Crackers

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

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

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 Lavender Deodorant 3 oz

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chunky Cherry
- Lushus Lemon
- Original with Almond
- Original with Cashew
- Original with Hazelnut
- Original with Mixed Nuts
- 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 Alfredo Risotto
- Organic Florentine Risotto
- Organic Porcini Wild Mushroom Risotto
- Organic Tuscan Risotto

Tasty Bite

- Bengal Lentils
- Bombay Potatoes
- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils
- Punjab Eggplant

Ethnic Foods

Edward & Sons

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

Food For Life

- Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Ethnic Foods (Cont'd)

Organicville

- Organic Sesame Teriyaki

Premier Japan

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

Tasty Bite

- Bengal Lentils
- Bombay Potatoes
- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils
- Punjab Eggplant

Fragrances & Perfumes

Hugo Naturals

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

Frozen Foods

Glutenfreeda

- Vegetarian Non-Dairy Burrito

Ian's Natural Foods

- Ian's Fish Sticks, Allergen Free

Kinnikinnick

- Candadi Yeast Free Multigrain Rice Bread
- Cinnamon Sugar Donuts
- Many Wonder Multigrain Rice Bread
- Robins Honey Brown Rice Bread
- Tapioca Rice Hamburger Buns

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Homestyle Waffles

Grains and Rice

Eden

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

Grains and Rice (Cont'd)

Lundberg Family Farms

Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb
Organic Alfredo Risotto
Organic Porcini Wild Mushroom Risotto
Organic Short Grain Brown Rice, 25 lb

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 Shampoo (French Lavender & Tea Tree)
Moisturizing & Restoring Shampoo (Red Tea & Ylang Ylang)
Smoothing & Defining Conditioner (Coconut)
Volumizing Shampoo (Vanilla & Sweet Orange)

Kiss My Face

Upper Management Styling Gel 8 oz

Hand & Body Lotions

365 Every Day Value™

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
Mango & Sweet Orange Body Butter
Sea Fennel & Passionflower All Over Lotion
Shea Butter & Oatmeal All Over Lotion
Unscented All Over Lotion
Vanilla & Sweet Orange All Over Lotion

Hand & Body Lotions (Cont'd)

Kiss My Face

Honey & Calendula Moisturizer 16 oz
Peppermint Foot Scrub 4 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 Shower Gel
Lemon Verbena & Bergamot Liquid Hand Soap
Shea Butter & Oatmeal Foaming Hand Soap
Shea Butter & Oatmeal Liquid Hand Soap
Vanilla & Sweet Orange Foaming Hand Soap

Kiss My Face

Olive & Aloe Liquid Moisture Soap 9 oz
Early to Rise Shower Gel 16 oz
Fragrance Free Liquid Moisture Soap 9 oz
Grapefruit & Bergamot Foaming Soap 8.75 oz
Grapefruit & Bergamot Refill 17.5 oz
Lavender & Chamomile Foaming Soap 8.75 oz
Lavender & Chamomile Refill 17.5 oz
Lemon & Ginger Foaming Soap 8.75 oz
Lemon & Ginger Refill 17.5 oz
Orange U Smart Bubble Wash 12 oz
Orange U Smart Foaming Hand Soap 8 oz

Lip Balms

Badger

Sweet Orange Cocoa Butter Lip Balm

Kiss My Face

Amethyst Shine .5 oz
Garnet Shine .5 oz
Opal Shimmer .8 oz
Opal Shine .5 oz
Ruby Shimmer .8 oz

Nutritional Supplements

Amazing Grass

Green SuperFood Berry
Green SuperFood Original
Wheat Grass

CHLROESSENCE

150g Powder

Nature's Way Thisilyn

Thisilyn® Herbal Cleansing Kit / 1 kit

Sequel Naturals

Chloressence - 150 Tabs
Macasure - 60 Caps

VEGA

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

Vega

250ml

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Beach Bash Trail Mix

Ointments/Salves/Gels/Antiseptics

Badger

Baby Balm
Sleep Balm

Hugo Naturals

French Lavender Organic Hand Sanitizer 2 oz

Personal Care

Kiss My Face

Triple Action Toothpaste 3.4 oz
Whitening Toothpaste 3.4 oz

Personal Care (Cont'd)

Natracare

Breathable Panty Liners - 30 CT
Curved Panty Liners - 30 CT
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
Regular Pads - 14 CT
Slender Pads - 20 CT
Super Pads - 12 CT
Tanga Panty Liners - 30 CT
Ultra Thin Organic Cotton Panty Liner - 22 CT
Ultra w/ Wings - Long Pad - 10 CT
Ultra w/ Wings - Regular Pad - 14 CT
Ultra w/ Wings - Super Pad - 12 CT

Tom's of Maine

Apricot Long Lasting Stick Deodorant
Lemongrass Long Lasting Stick Deodorant

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

Premier Japan

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

Simply Organic

Garlic Vinaigrette Salad Dressing Mix, Cert. Org.
Italian Salad Dressing Mix, Cert. Org.

Shaving Aids

Kiss My Face

Cool Mint Moisture Shave 11 oz
Fragrance Free Moisture Shave 11 oz
Lavender & Shea Moisture Shave 11 oz

Soups

Edward & Sons

Miso-Cup, Organic Reduced Sodium

Miso-Cup, Organic Traditional with Tofu

Miso-Cup, Savory Seaweed