

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

West Vancouver 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

- Chocolate Dipped Donuts
- Cinnamon Sugar Donuts

Udi's

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

WFM Gluten Free Bakehouse

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

Baking Needs

Dagoba

- Cacao Powder

Baking Needs (Cont'd)

Enjoy Life

- Semi-Sweet Chocolate Chips

Let's Do...

- Carnival Sprinkelz
- Chocolatey Sprinkelz
- Confetti Sprinkelz

Let's Do... Organic

- Organic Coconut Flakes
- Organic Creamed Coconut
- Organic Tapioca Pearls

Orgran

- Egg Replacer

Bar Soap

Hugo Naturals

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

Bar Soap (Cont'd)

Hugo Naturals

Mexican Lime & Bergamot Bar Soap
Vanilla & Sweet Orange Bar Soap
Wild African Rose Bar Soap

Kiss My Face

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

Bath Salts/Sugars/Scrubs

Hugo Naturals

Brown Sugar & Kumquat Body Polish
French Lavender Effervescent Bath Salts
Grapefruit Himalayan Pink Salt Body Scrub
Guaiacwood & Bergamot Fizzy Bath Bomb
Vanilla & Sweet Orange Effervescent Bath Salts

Beverages

Dagoba

Authentic Hot Chocolate - FTC, 12 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

Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

Glutino

Bagels, Cinnamon 'n Raisin
Bagels, Plain
English Muffins

Bread (Cont'd)

Glutino

Premium Cinnamon & Raisin Bread
Premium Fiber Bread
Premium Flax Seed Bread
Premium Pizza Crusts

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
Tapioca Rice Hot Dog Buns

Udi's

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
Sandwich Bread

Candy and Chocolate

Dagoba

Beaucoup Berries
HAZELNUT 37% Hazelnut/Rice Crisps
LAVENDER 59% Lavender/ blueberries

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

Candy and Chocolate (Cont'd)

Let's Do...

- Carnival Sprinkelz
- Chocolatey Sprinkelz
- Confetti Sprinkelz

Let's Do... Organic

- Organic Super Sour Gummi Bears

Canned Goods

Native Forest

- Artichoke Hearts, Whole
- Organic Pineapple Slices

Cereal

Bakery On Main

- Apple Raisin Walnut Gluten Free Granola

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

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

Arico

- Cassava Chips, Barbecue Bliss
- Cassava Chips, Ginger on Fire
- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

Chips/Pretzels/Snacks (Cont'd)

Food Should Taste Good

- Blue Corn Tortilla Chips
- Multigrain Tortilla Chips
- Olive Tortilla Chips
- Sweet Potato Tortilla Chips
- 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, Sea Salt
- Sticks & Twigs, Tomato Chipotle

Pirate Brands

- Pirate's Booty Sour Cream and Onion
- Pirate's Booty Veggie

Condiments

Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sesame Goddess
- Organic Ketchup
- Organic Original BBQ Sauce
- Organic Tangy BBQ Sauce

The Wizard's Sauce

- Organic Wheat-Free Vegan Worcestershire

Cookies and Snack Bars

Enjoy Life

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

Cookies and Snack Bars (Cont'd)

Enjoy Life

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

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

Crackers

Edward & Sons

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

Crackers (Cont'd)

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 Fragrance Free Deodorant 3 oz
Liquid Rock Lavender Deodorant 3 oz

Energy and Nutrition Bars/Drinks

Bumble Bar

Cherry Chocolate
Original with Almond
Original with Cashew
Original with Mixed Nuts
Original with Peanut
Tasty Tropical

Energy and Nutrition Bars/Drinks (Cont'd)

MacroBar

- Almond Butter with Carob
- Cashew Butter
- Cherries 'N Berries
- Granola with Coconut
- 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
- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils

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

Tasty Bite

- Bengal Lentils
- Jaipur Vegetables
- Kashmir Spinach
- Madras Lentils

Facial Care Products

Kiss My Face

- Eyewitness Eye Repair Crème .5 oz
- Start Up Exfoliating Face Wash 4 oz

Frozen Foods

Glutenfreeda

- Vegetarian Non-Dairy Burrito

Kinnikinnick

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

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Homestyle Waffles

Grains and Rice

Eden

- Organic Buckwheat, Hulled Whole Grain

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)

Hair Care Products (Cont'd)

Hugo Naturals

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

Kiss My Face

- Upper Management Styling Gel 8 oz

Hand & Body Lotions

Hugo Naturals

- French Lavender All Over Lotion
- Lemon Verbena & Bergamot All Over Lotion
- Shea Butter & Oatmeal All Over Lotion
- Vanilla & Sweet Orange All Over Lotion
- Vanilla & Sweet Orange Lotion

Kiss My Face

- Honey & Calendula Moisturizer 16 oz
- Honey & Calendula Moisturizer 4 oz
- Peaches & Crème Moisturizer 4 oz
- Peppermint Foot Crème 4 oz
- Vitamin A&E Moisturizer 16 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
- Shea Butter & Oatmeal Shower Gel
- Spearmint Liquid Hand Soap
- Travel Size French Lavender Shower Gel
- Vanilla & Sweet Orange Liquid Hand Soap

Hand & Body Washes (Cont'd)

Kiss My Face

- Active Athletic Shower Gel 16 oz
- Early to Bed Shower Gel 16 oz
- Fragrance Free Liquid Moisture Soap 9 oz
- Grapefruit & Bergamot 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
- Rosemary Melon Foaming Soap 8.75 oz
- Rosemary Melon Refill 17.5 oz
- Silky Soft Shower Gel 16 oz

Lip Balms

Badger

- Coffee Roast Lip Balm Stick
- Lime Cocoa Butter Lip Balm
- Sweet Orange Cocoa Butter Lip Balm

Kiss My Face

- Opal Shine .5 oz
- Ruby Shimmer .8 oz
- Ruby Shine .5 oz

Nutritional Supplements

Amazing Grass

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

CHLROESSENCE

- 300 Tabs

Garden of Life

- DetoxiFiber

MACASURE

- 120 Caps
- 180g Powder

Sequel Naturals

- Colostrum - 90 Lozenges
- Macasure - 90g Powder

Nutritional Supplements (Cont'd)

VEGA

500ml
Bodacious Berry
Choc-a-lot
Chocolate
Green Synergy
Smoothie Infusion 454g Bag
Tropical Tango
Vanilla Almondilla
Wholesome Original

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

Patchouli & Sandalwood Massage & Body Oil

Ointments/Salves/Gels/Antiseptics

Badger

Baby Balm
Cuticle Care Tin
Sleep Balm

Personal Care

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
Dry & Light Incontinence Pads - 20 CT
Maternity Pads - 10 CT
Night-Time Pads - 10 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
Super Pads - 12 CT
Tanga Panty Liners - 30 CT
Ultra Super Plus Pads - 12 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 Tangy BBQ Sauce

Premier Japan

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

Simply Organic

Classic Caesar Dressing Mix, Cert. Org.
Ranch Salad Dressing Mix, Cert. Org.

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

Soups

Edward & Sons

Miso-Cup, Organic Reduced Sodium
Miso-Cup, Organic Traditional with Tofu

Soups (Cont'd)

Edward & Sons

Miso-Cup, Original Golden Vegetable