

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Alfalfas Broadway Store, Rocky Mountain 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. If you have any questions, you may contact us at WFMSpecialDiets@wholefoods.com.

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Baking Needs

Arrowhead Mills

Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix

Bob's Red Mill

Almond Flour
Brown Rice Flour
Flaxseed Meal
GlutenFree Rolled Oats
Hemp Protein Powder
Organic Coconut Flour
Potato Flour

Baking Needs (Cont'd)

Bob's Red Mill

Tapioca Flour
White Rice Flour
Xanthan Gum

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Enjoy Life

Semi-Sweet Chocolate Chips

Gluten Free Pantry

Beth's All Purpose Flour Mix
Chocolate Truffle Brownie Mix

Hain

Baking Powder

Namaste

Sugar-Free Muffin Mix

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Ginger Ale
- Key Lime Soda
- Orange Creme Soda
- Root Beer Soda

Celestial Seasonings

- Chamomile Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Sleepytime Tea, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- True Blueberry, 20 Ct

So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

Bread

Glutino

- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Canned Goods

Amy's

- Organic Refried Beans with Green Chiles
- Organic Refried Black Beans
- Organic Traditional Refried Beans

Cereal

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Cereal (Cont'd)

Arrowhead Mills

- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

Bob's Red Mill

- GlutenFree Rolled Oats

Enjoy Life

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

EnviroKidz

- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal

Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Mesa Sunrise Cereal
- Organic Mesa Sunrise Cereal, 26.4 oz

Cheese

Follow Your Heart

- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese

Chips, Pretzels and Snacks

Arico

- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

Food Should Taste Good

- Lime Tortilla Chips 5.5 oz
- Sweet Potato Tortilla Chips 6 oz
- The Works! Tortilla Chips 6 oz
- Yellow Corn Tortilla Chips 11 oz

Food Should Taste Good

- Jalapeno Tortilla Chips 6 oz
- Multigrain Tortilla Chips 6 oz
- Olive Tortilla Chips 6 oz

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

- Apple Cinnamon Rice Cakes
- Brown Rice Cakes
- Buttery Caramel Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Koku Seaweed Rice Cakes
- Organic Mochi Sweet Rice Cakes
- Organic Popcorn Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Sesame Tamari Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Organic Wild Rice Cakes
- Pico de Gallo Rice Chips
- Sante Fe BBQ Rice Chips
- Unsalted Brown Rice Cakes

Mary's Gone Crackers

- Sticks & Twigs, Sea Salt

Mr. Krispers

- Baked Rice Krisps, Sea Salt & Pepper

Condiments

Follow Your Heart

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

Organicville

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

Spectrum

- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle
- Organic Wasabi Mayonnaise 12 oz

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 Snickerdoodle Cookies
- Very Berry Snack Bars

EnviroKidz

- Organic Vanilla Animal Cookies
- Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

- Breakfast Bars, Blueberry

Jennie's

- Coconut Macaroons

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Simplebites Extreme Chocolate Mini Cookies

Crackers

Mary's Gone Crackers

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

Dairy

Earth Balance

- Buttery Sticks
- Organic Whipped Buttery Spread
- Original Buttery Spread
- Soy Free Buttery Spread

Dairy Alternatives

Follow Your Heart

- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese

So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

So Delicious

- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Longevity Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Vanilla 64 oz

Deli Style Meats and Cheeses

Applegate Farms

- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- 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 Oven Roasted Sliced Turkey
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Turkey Bologna

Desserts

French Meadow Bakery

- Gluten Free Fudge Brownie

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Lushus Lemon
- Original with Almond
- Original with Peanut

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Pizza Crust Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix

Lundberg Farms

- Organic Florentine Risotto

Namaste

- Sugar-Free Muffin Mix

Ethnic Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl

Food Merchants

- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Ethnic Foods (Cont'd)

World Foods

Thai Red Curry Paste

Frozen Foods

Amy's

Organic Asian Noodle Stir-Fry
Organic Black Bean Enchilada Whole Meal
Organic Black Bean Tamale Verde Whole Meal
Organic Black Bean Vegetable Enchilada
Organic Brown Rice & Vegetables Bowl
Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
Organic Indian Mattar Tofu
Organic Indian Vegetable Korma
Organic Mexican Tamale Pie
Organic Rice Crust Spinach Pizza
Organic Roasted Vegetable Tamale Whole Meal
Organic Shepherd's Pie
Organic Teriyaki Bowl
Organic Tofu Scramble

French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough
Gluten Free Fudge Brownie

Ian's Natural Foods

Ian's Fish Sticks, Allergen Free

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle Waffles
Organic Mesa Sunrise Waffles

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert
Non-Dairy Creamy Fudge Bar

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Pomegranate Chip Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Creamy Orange Bar
Creamy Raspberry Bar
Orange Passion Fruit Agave Sweetened Fruit Bar
Raspberry Agave Sweetened Fruit Bar
Strawberry Agave Sweetened Fruit Bar

Starfish

Crispy Battered Gluten Free Cod

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free Homestyle Waffles

Grains and Rice

Ancient Harvest

Traditional Organic Quinoa 12 oz

Lundberg Farms

Eco-Farmed California Brown Basmati Rice
Eco-Farmed California White Arborio Rice
Eco-Farmed Jubilee Gourmet Blend Rice
Organic California Brown Basmati Rice
Organic Long Grain Brown Rice

Grains and Rice (Cont'd)

Lundberg Farms

Organic Short Grain Brown Rice

Hair Care Products

365

Conditioner Citrus Grapefruit
Conditioner Fragrance Free
Conditioner Herbal Mint
Conditioner Lavender Blend
Shampoo for Dry and Normal Fragrance Free
Shampoo for Dry and Normal Citrus Grapefruit
Shampoo for Dry and Normal Herbal Mint
Shampoo for Dry and Normal Lavender Blend
Shampoo for Normal and Oily Citrus Grapefruit
Shampoo for Normal and Oily Fragrance Free
Shampoo for Normal and Oily Herbal Mint
Shampoo for Normal and Oily Lavender Blend

Hand & Body Lotions

365

Body Lotion Citrus Grapefruit

Hand & Body Washes

365

Shower Gel Citrus Grapefruit
Shower Gel Fragrance Free
Shower Gel Herbal Mint
Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

Organic Creamy Peanut Butter, 26 oz
Organic Crunchy Peanut Butter, 16 oz

Earth Balance

Crunchy Natural Peanut Butter

Meat Alternatives

WestSoy

Extra Firm Tofu, Tidal Wave 14 oz
Extra Firm Tofu, Vacuum-Pack 12 oz
Firm Tofu, Water-Pack 14 oz
Firm Tofu, Water-Pack 16 oz
Soft Tofu, Water-Pack 14 oz

Meat and Poultry

Applegate Farms

Beef Hot Dogs
Chicken Apple Breakfast Sausage
Organic Beef Hot Dogs
Organic Hot Dogs
Organic Sliced Sunday Bacon

Nutritional Supplements

Bob's Red Mill

Hemp Protein Powder

Nature's Way Alive!

Alive!® (no iron added) / 90 Vcaps®
Alive!® / 60 Tb
Alive!® / 90 Vcaps®

Nature's Way Sambucus

Sambucus Sugar-Free Syrup / 8 oz

Nature's Way Umcka

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90
COUNTER ATTACK 30
EVERYDAY FIBER SYSTEM VCAPS 180
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PROBIOACTIVE 1B 90
WOMEN'S NUTRITIONAL SYSTEM 180

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Hemp Protein Powder
Hulled Hemp Seeds

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Elbows 8 oz
Quinoa Supergrain Pasta, Garden Pagodas 8 oz
Quinoa Supergrain Pasta, Linguine 8 oz
Quinoa Supergrain Pasta, Spaghetti 8 oz
Quinoa Supergrain Pasta, Veggie Curls 8 oz

DeBoles Foods

Multi-Grain Penne
Rice Angel Hair Pasta
Rice Fettuccine
Rice Lasagna

Lundberg Farms

Organic Brown Rice Rotini Pasta

Orgran

Buckwheat Spirals
Corn & Vegetable Spirals

Prepared Foods

Food Merchants

Organic Polenta, Sundried Tomato & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Amy's

Organic Medium Salsa
Organic Mild Salsa

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Seafood

Starfish

Crispy Battered Gluten Free Cod

Soups

Amy's

Organic Chunky Vegetable Soup
Organic Curried Lentil Soup
Organic Fire Roasted Southwestern Vegetable Soup
Organic Lentil Soup
Organic Lentil Soup, Light in Sodium
Organic Lentil Vegetable Soup, Light in Sodium
Organic Medium Chili, Light in Sodium
Organic Spicy Chili
Organic Split Pea Soup
Organic Split Pea Soup, Light in Sodium
Organic Thai Coconut Soup (Tom Kha Phak)
Organic Tuscan Bean & Rice Soup

Imagine Foods

Broccoli Soup 16 oz
Broccoli Soup 32 oz
Butternut Squash Soup 16 oz
Butternut Squash Soup 32 oz
Chicken Broth 16 oz
Corn & Lemongrass Soup 16 oz
Creamy Tomato Soup 16 oz
Free Range Chicken Broth 32 oz
No Chicken Broth 32 oz
Organic Chicken Broth, Low Sodium 32 oz
Organic Potato Soup, Low Sodium 32 oz
Organic Tomato Soup 32 oz
Organic Vegetable Broth, Low Sodium 32 oz
Potato Leek Soup 16 oz
Potato Leek Soup 32 oz
Tomato Basil Soup 32 oz
Vegetable Broth 32 oz

Spices and Seasonings

World Foods

Thai Red Curry Paste