

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Colorado Blvd 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](mailto:WFMSpecialDiets@wholefoods.com).

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### Baked Goods

**WFM Gluten Free Bakehouse**  
Molasses Ginger Cookies

### Baking Needs

**Ancient Harvest**  
Organic Quinoa Flour 18 oz

**Arrowhead Mills**  
Buckwheat Flour  
Gluten Free All Purpose Baking Mix  
Gluten Free Brownie Mix  
Gluten Free Vanilla Cake Mix

### Baking Needs (Cont'd)

**Arrowhead Mills**  
Yellow Corn Meal

**Bob's Red Mill**  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour  
Gluten Free Biscuit & Baking Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Pancake Mix  
Gluten Free Sweet White Sorghum Flour  
Organic Flaxseed Meal  
Organic Golden Flaxseed Meal  
Potato Starch  
Tapioca Flour  
Xanthan Gum

**Cherrybrook Kitchen Gluten Free Dreams**  
Chocolate Cake Mix

## Baking Needs (Cont'd)

### Enjoy Life

Semi-Sweet Chocolate Chips

### Gluten Free Pantry

Beth's All Purpose Flour Mix  
Chocolate Truffle Brownie Mix

### Namaste

Brownie Mix  
Perfect Flour Blend  
Pizza Crust Mix  
Waffle & Pancake Mix

### Pamela's Products

Classic Vanilla Cake Mix  
Cornbread & Muffin Mix  
Dark Chocolate Frosting Mix

## Beverages

### 365 Every Day Value™

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

### Celestial Seasonings

Authentic Green Tea, 20 Ct  
Authentic Green Tea, 40 Ct  
Bengal Spice Tea, 20 Ct  
Chai Honey Vanilla White Tea, 20 Ct  
Chamomile Tea, 20 Ct  
China Pearl White Tea, 20 Ct  
Cinnamon Apple Spice Tea, 20 Ct  
Country Peach Passion  
Decaf Mint Green Tea, 20 Ct  
Echinacea Complete Care Tea, 20 Ct  
Herbal Tea Sampler, 20 Ct  
Honey Lemon Ginseng Green Tea, 20 Ct  
Lemon Zinger Tea, 20 Ct  
Mint Magic Tea, 20 Ct  
Peppermint Tea, 20 Ct  
Raspberry Zinger Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

Red Zinger Tea, 20 Ct  
Sleepytime Extra Tea, 20 Ct  
Sleepytime Tea, 20 Ct  
Sleepytime Tea, 40 Ct  
Sleepytime Throat Tamer 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

### French Meadow Bakery

Gluten Free Tortillas, 7"

## Candy and Chocolate

### Enjoy Life

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

## Canned Goods

### Amy's

Organic Refried Black Beans  
Organic Traditional Refried Beans, Light in Sodium

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Enjoy Life

Cinnamon Crunch Granola  
Very Berry Crunch Granola

### EnviroKidz

Gorilla Munch Organic Cereal  
Peanut Butter Panda Puffs Organic Cereal

## Cereal (Cont'd)

### Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Honey'd Cornflakes
- Organic Mesa Sunrise Cereal
- Organic Mesa Sunrise Cereal, 26.4 oz

## Cheese

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese

## Chips, Pretzels and Snacks

### Food Should Taste Good

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

### Food Should Taste Good

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

### Lundberg Farms

- Apple Cinnamon Rice Cakes
- Honey Nut Rice Cakes
- Organic Brown Rice Cakes
- Organic Mochi Sweet Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Unsalted Brown Rice Cakes
- Sante Fe BBQ Rice Chips
- Unsalted Brown Rice Cakes

### Mary's Gone Crackers

- Sticks & Twigs, Sea Salt
- Sticks & Twigs, Tomato Chipotle

### Mr. Krispers

- Baked Rice Krisps, Barbecue
- Baked Rice Krisps, Sea Salt & Pepper

## Condiments

### Follow Your Heart

- Thousand Island Dressing
- Vegenaise, Grapeseed Oil
- Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil

### Organicville

- Organic Ketchup
- Organic Original BBQ Sauce

### Spectrum

- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Olive Oil Mayonnaise
- Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Graham Mini Cookies

### Enjoy Life

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

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

### Jennie's

- Almond Macaroons
- Coconut Macaroons

### Pamela's Products

- Simplebites Extreme Chocolate Mini Cookies
- Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

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

## Dairy

### Earth Balance

- Buttery Spread with Olive Oil
- Buttery Sticks
- Organic Whipped Buttery Spread
- Original Buttery Spread
- Soy Free Buttery Spread

## Dairy Alternatives

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese

### So Delicious

- Chocolate Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Pina Colada 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

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 64 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- 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

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

- Dark Chocolate Bars - individual bars

### Bumble Bar

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

## Entrees and Mixes

### Arrowhead Mills

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

### Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix

### Namaste

- Brownie Mix
- Pizza Crust Mix
- Waffle & Pancake Mix

## Entrees and Mixes (Cont'd)

### Pamela's Products

Dark Chocolate Frosting 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, Basil & Garlic  
Organic Polenta, Mushroom & Onion  
Organic Polenta, Sundried Tomato & Garlic  
Organic Polenta, Traditional

### French Meadow Bakery

Gluten Free Tortillas, 7"

### World Foods

Thai Green Curry Paste

## Frozen Foods

### Amy's

Organic Asian Noodle Stir-Fry  
Organic Baked Ziti Bowl  
Organic Bistro Veggie Burger  
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

## Frozen Foods (Cont'd)

### Amy's

Organic Teriyaki Bowl  
Organic Tofu Scramble

### Applegate Farms

Maple Breakfast Sausage

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Kids Meal, Mac No Cheese

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Homestyle Waffles

### Organic So Delicious

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

### Purely Decadent

Cookie Dough Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk  
Vanilla Bar, Made with Coconut Milk

### Starfish

Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

### Van's

Wheat Free Blueberry Waffles

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz  
Traditional Organic Quinoa 12 oz

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed California White Arborio Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California Brown Jasmine Rice, 25 lb

## Grains and Rice (Cont'd)

### Lundberg Farms

Organic California White Jasmine Rice  
Organic Long Grain Brown Rice  
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 Normal and Oily Citrus Grapefruit  
Shampoo for Normal and Oily Herbal Mint  
Shampoo for Normal and Oily Lavender Blend

## Hand & Body Lotions

### 365

Body Lotion Citrus Grapefruit  
Body Lotion Fragrance Free  
Body Lotion Lavender Blend

## Hand & Body Washes

### 365

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

## Jams and Nut Butters

### Arrowhead Mills

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

### Earth Balance

Creamy Natural Almond Butter  
Creamy Natural Peanut Butter  
Crunchy Natural Peanut Butter

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Tidal Wave 14 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  
Chicken Hot Dogs  
Maple Breakfast Sausage  
Organic Beef Hot Dogs  
Organic Chicken Hot Dogs  
Organic Hot Dogs  
Organic Sliced Sunday Bacon  
Organic Turkey Hot Dogs  
Turkey Hot Dogs

## Nutritional Supplements

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle  
Alive!® (no iron added) / 90 Tb  
Alive!® (no iron added) / 90 Vcaps®  
Alive!® / 90 Tb

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30  
Sambucus Immune Syrup / 4 oz  
Sambucus Immune Syrup / 8 oz  
Sambucus Syrup / 4 oz

### Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

### Rainbow Light

COMPLETE B-COMPLEX 90  
ENERGIZER ONE MULTIVITAMIN 90  
GUMMY POWER SOURS 30  
JUST ONCE IRON-FREE MULTIVITAMIN 30  
JUST ONCE MULTIVITAMIN 120

## Nutritional Supplements (Cont'd)

### Rainbow Light

KID'S ONE MULTISTARS 30  
MEN'S ONE MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 30  
PROTEIN ENERGIZER VANILLA  
VITAMIN D 1,000 IU GUMMIES 100  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

## Nuts, Seeds and Dried Fruits

### Enjoy Life

Not Nuts! Beach Bash Trail Mix

## 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, Shells 8 oz

### DeBoles Foods

Multi-Grain Spaghetti  
Rice Angel Hair Pasta  
Rice Lasagna

### Lundberg Farms

Organic Brown Rice Penne Pasta

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Mushroom & Onion  
Organic Polenta, Sundried Tomato & Garlic  
Organic Polenta, Traditional

## Seafood

### Starfish

Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

## Soups

### Amy's

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

### Imagine Foods

Broccoli Soup 16 oz  
Broccoli Soup 32 oz  
Butternut Squash Soup 16 oz  
Butternut Squash Soup 32 oz  
Free Range Chicken Broth 32 oz  
No Chicken Broth 32 oz  
Organic Acorn Squash & Mango Soup 32 oz  
Organic Chicken Broth, Low Sodium 32 oz  
Organic Corn Soup, Low Sodium 32 oz  
Organic Portabello Mushroom Soup 32 oz  
Organic Potato Soup, Low Sodium 32 oz  
Organic Tomato Soup 32 oz  
Organic Tomato Soup, Low Sodium 32 oz  
Potato Leek Soup 32 oz  
Tomato Basil Soup 32 oz  
Vegetable Broth 16 oz

## Spices and Seasonings

### World Foods

Thai Green Curry Paste