

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fourth South 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.

Baking Needs

Ancient Harvest

Organic Quinoa Flour 18 oz

Arrowhead Mills

Gluten Free Brownie Mix
Long Grain Brown Rice Flour
Soy Flour
White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Almond Flour
Arrowroot Starch Flour
Baking Powder
Baking Soda
Brown Rice Flour
Flaxseed Meal
Garbanzo Bean Flour
Gluten Free All Purpose Baking Flour
Gluten Free Biscuit & Baking Mix

Baking Needs (Cont'd)

Bob's Red Mill

Gluten Free Chocolate Chip Cookie Mix
Gluten Free Cornbread Mix
Gluten Free Homemade Wonderful Bread Mix
Gluten Free Sweet White Sorghum Flour
GlutenFree Rolled Oats
Hazelnut Meal/Flour
Organic Amaranth Flour
Organic Coconut Flour
Organic Flaxseed Meal
Organic Golden Flaxseed Meal
Potato Flour
Potato Starch
Tapioca Flour
White Rice Flour
Xanthan Gum

Cherrybrook Kitchen

Vanilla Frosting Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix
Fudge Brownie Mix

Earth Balance

Shortening

Enjoy Life

Semi-Sweet Chocolate Chips

Gluten Free Pantry

Beth's All Purpose Flour Mix
Chocolate Chip Cookie & Cake Mix
Muffins & Scone Mix
Perfect Pie Crust Mix

Namaste

Chocolate Fudge Frosting Mix
Muffin Mix
Pizza Crust Mix
Spice Cake Mix
Sugar-Free Muffin Mix
Waffle & Pancake Mix

Pamela's Products

Gluten-Free Bread 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
Bengal Spice Tea, 20 Ct
Chai Honey Vanilla White Tea, 20 Ct
Chamomile Tea, 20 Ct
Cinnamon Apple Spice Tea, 20 Ct
Echinacea Complete Care Tea, 20 Ct
Honey Vanilla Chamomile Tea, 20 Ct
Mint Magic Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

Peppermint Tea, 20 Ct
Sleepytime Extra Tea, 20 Ct
Sleepytime Tea, 20 Ct
Sleepytime Tea, 40 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
Vanilla Coconut Milk Kefir

Bread

Glutino

Premium Corn Bread
Premium Fiber Bread
Premium Flax Seed Bread
Premium Pizza Crusts

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 Beans with Green Chiles
Organic Refried Black Beans, Low in Sodium
Organic Traditional Refried Beans
Organic Traditional Refried Beans, Light in Sodium
Organic Vegetarian Baked Beans

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Cereal (Cont'd)

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Rice & Shine Hot Cereal

Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal
Gluten Free Mighty Tasty Hot Cereal
GlutenFree Rolled Oats
Whole Grain Teff

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 Honey'd Corn Flakes, 26.4 oz
Organic Honey'd Cornflakes
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
Vegan Gourmet Nacho 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

Lundberg Family Farms

Organic Unsalted Brown Rice Cakes
Organic Wild Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

Apple Cinnamon Rice Cakes
Organic Sea Salt Rice Chips
Pico de Gallo Rice Chips

Mary's Gone Crackers

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

Condiments

Follow Your Heart

Caesar Dressing
Sesame Dijon Dressing
Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil
Vegenaise, Original

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce
Organic Tangy BBQ Sauce

Spectrum

Light Canola Eggless Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 32 oz
Light Canola Eggless Mayonnaise, Squeeze Bottle
Organic Olive Oil Mayonnaise
Organic Soy Mayonnaise 16 oz
Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Lively Lemon Cookies
Soft Baked Snickerdoodle Cookies

Cookies and Snack Bars (Cont'd)

EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry
Koala Organic Crispy Rice Bars, Chocolate
Organic Vanilla Animal Cookies
Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Jennie's

Coconut Macaroons

Pamela's Products

Ginger Cookies with Sliced Almonds
Peanut Butter Cookies
Simplebites Ginger Mini Snapz

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Caraway
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
Soy Garden Buttery Spread

Dairy Alternatives

Follow Your Heart

Vegan Gourmet Cheddar
Vegan Gourmet Monterey Jack
Vegan Gourmet Mozzarella Cheese
Vegan Gourmet Nacho Cheese

Dairy Alternatives (Cont'd)

So Delicious

Chocolate Cultured Coconut Milk Yogurt
Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
French Vanilla Coconut Milk Creamer
Hazelnut Coconut Milk Creamer
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Original (Plain) Coconut Milk Beverage
Original (Plain) Coconut Milk Creamer
Original (Plain) Coconut Milk Kefir
Passionate Mango Cultured Coconut Milk Yogurt
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Pina Colada Cultured Coconut Milk Yogurt
Plain Cultured Coconut Milk Yogurt
Raspberry Cultured Coconut Milk Yogurt
Strawberry Banna Cultured Coconut Milk Yogurt
Strawberry Coconut Milk Kefir
Strawberry Cultured Coconut Milk Yogurt
Unsweetened Coconut Milk Beverage
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

WestSoy

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

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

- 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

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge 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

Bumble Bar

- Chai with Almonds
- Chocolate Crisp
- Original with Almond
- Original with Mixed Nuts
- Tasty Tropical

Entrees and Mixes

Arrowhead Mills

- Gluten Free Brownie Mix

Entrees and Mixes (Cont'd)

Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix
- TVP (Textured Vegetable Protein)

Cherrybrook Kitchen

- Vanilla Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Fudge Brownie Mix

Namaste

- Muffin Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Waffle & Pancake Mix

Ethnic Foods

Amy's

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

Food Merchants

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

Organicville

- Organic Sesame Teriyaki

World Foods

- Thai Red Curry Paste

Frozen Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Brown Rice & Vegetables Bowl

Frozen Foods (Cont'd)

Amy's

- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie
- Organic Shepherd's Pie, Light in Sodium
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

Applegate Farms

- Maple Breakfast Sausage

French Meadow Bakery

- Gluten Free Fudge Brownie

Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs

It's Soy Delicious

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

Nature's Path

- Organic Mesa Sunrise Waffles

Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl 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 Dessert

Frozen Foods (Cont'd)

Purely Decadent

- Purely Vanilla Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Almond Bar, Made with Coconut Milk
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bar, Made with Coconut Milk
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Starfish

- Crispy Battered Gluten Free Cod

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Flax Waffles
- Wheat Free Homestyle Waffles

Grains and Rice

Ancient Harvest

- Traditional Organic Quinoa 12 oz

Lundberg Family Farms

- Eco-Farmed California White Arborio Rice
- Eco-Farmed California White Basmati Rice
- Eco-Farmed Jubilee Gourmet Blend Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice
- Organic California White Jasmine Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice
- Organic Wild 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
Body Lotion Fragrance Free
Body Lotion Herbal Mint
Body Lotion Lavender Blend

Hand & Body Washes

365

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

Jams and Nut Butters

Arrowhead Mills

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

Earth Balance

Creamy Natural Almond Butter

Maranatha

Raw Sesame Tahini

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

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

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

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive!® (no iron added) / 180 Tb
Alive!® (no iron added) / 30 Tb
Alive!® (no iron added) / 60 Tb
Alive!® (no iron added) / 90 Tb
Alive!® / 180 Tb
Alive!® / 90 Tb
Alive!® / 90 Vcaps®
Alive!® Soy Shake Vanilla / 1.3 lbs

Nature's Way Primadophilus

Primadophilus® Reuteri Pearls / 30 Pearls
Primadophilus® Reuteri Pearls / 60 Pearls

Nature's Way Sambucus

Sambucus Lozenge / 30
Sambucus Sugar-Free Syrup / 4 oz
Sambucus Sugar-Free Syrup / 8 oz

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nutritional Supplements (Cont'd)

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Cherry Syrup / 8 oz
Umcka ColdCare® Children's Cherry FastActive / 10 Ct
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Menthol Syrup / 4 oz
Umcka ColdCare® Original Liquid / 2 oz

Rainbow Light

CALCIUM CITRATE MINI TABS 120
COMPLETE B-COMPLEX 90
COMPLETE NUTRITIONAL SYSTEM 180
COMPLETE PRENATAL SYSTEM 180
COMPLETE PRENATAL SYSTEM 60
EVERYDAY CALCIUM WITH ENZYMES 240
EVERYDAY FIBER SYSTEM VCAPS 180
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY POWER SOURS 30
JUST ONCE IRON-FREE MULTIVITAMIN 120
JUST ONCE MULTIVITAMIN 120
JUST ONCE MULTIVITAMIN 60
KID'S ONE MULTISTARS 30
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PROTEIN ENERGIZER VANILLA
SUPER C 1000 60
VITAMIN D 1,000 IU GUMMIES 50
WOMEN'S NUTRITIONAL SYSTEM 180
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Dumontiaceae Red Algae
Joint Vibrance Powder

Pasta

Ancient Harvest

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

Bionaturae

Organic Gluten Free Elbows Pasta
Organic Gluten Free Linguine
Organic Gluten Free Penne Rigate
Organic Gluten Free Spaghetti

DeBoles Foods

Multi-Grain Penne
Multi-Grain Spaghetti
Rice Lasagna
Rice Spaghetti

Lundberg Family Farms

Organic Brown Rice Penne Pasta
Organic Brown Rice Rotini Pasta
Organic Brown Rice Spaghetti Pasta

Namaste

Say Cheez Pasta

Pasta Sauce

Amy's

Organic Family Marinara Pasta Sauce

Prepared Foods

Food Merchants

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

Sauces, Salsas and Dips

Amy's

Organic Medium Salsa

Organicville

Organic Sesame Teriyaki

Seafood

Starfish

Crispy Battered Gluten Free Cod

Spices and Seasonings

World Foods

Thai Red Curry Paste

Soups

Amy's

Organic Black Bean Chili
Organic Black Bean Vegetable Soup
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
Organic Medium Chili with Vegetables
Organic Medium Chili, Light in Sodium
Organic Southwestern Black Bean Chili
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
Creamy Tomato Soup 16 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
Organic Vegetable Broth, Low Sodium 32 oz
Potato Leek Soup 32 oz
Tomato Basil Soup 32 oz
Vegetable Broth 32 oz