

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Kansas City 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-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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### **Kiss My Face**

Liquid Rock Patchouli Deodorant 3 oz

### **Baked Goods**

#### **WFM Gluten Free Bakehouse**

Prairie Bread

### **Baking Needs**

#### **Arrowhead Mills**

Gluten Free Pancake & Baking Mix  
Yellow Corn Meal

#### **Bob's Red Mill**

Almond Flour  
Baking Powder  
Flaxseed Meal  
Gluten Free All Purpose Baking Flour  
Gluten Free Sweet White Sorghum Flour  
Organic Flaxseed Meal  
Organic Golden Flaxseed Meal  
Potato Starch  
Tapioca Flour

#### **Earth Balance**

Shortening

#### **Enjoy Life**

Semi-Sweet Chocolate Chips

#### **Gluten Free Pantry**

Perfect Pie Crust Mix

### **Baking Needs (Cont'd)**

#### **Pamela's Products**

Baking & Pancake Mix, 4 lb  
Chocolate Chunk Cookie Mix

### **Bar Soap**

#### **Kiss My Face**

Olive & Aloe Bar Soap 8 oz

### **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**

Bengal Spice Tea, 20 Ct  
Caffeine Free Celestial Tea, 40 Ct  
Mint Magic Tea, 20 Ct  
Peppermint Tea, 20 Ct  
Raspberry Garden Green Tea, 20 Ct  
Sleepytime Tea, 20 Ct  
True Blueberry, 20 Ct

#### **Eden**

Organic EdenBlend, Rice & Soy Beverage, 8.45 oz

#### **So Delicious**

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

## Bread

### Food For Life

Brown Rice Bread, Wheat & Gluten Free  
Rice Pecan Bread, Wheat & Gluten Free

### Glutino

Premium Flax Seed Bread

### WFM Gluten Free Bakehouse

Prairie Bread

## Candy and Chocolate

### Endangered Species Chocolate

Dark Chocolate with Cranberries & Almonds - Wolf  
Dark Chocolate with Deep Forest Mint  
Dark Chocolate with Espresso Beans - Tiger  
Dark Chocolate with Hazelnut Toffee - Rhino  
Dark Chocolate with Raspberries - Grizzly Bear  
Extreme Dark Chocolate - Panther  
Supreme Dark Chocolate - Chimpanzee

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
Boom Choco Boom Dark Chocolate Bar

## Canned/Jarred Goods

### Native Forest

Artichoke Hearts, Marinated

## Cereal

### Arrowhead Mills

Maple Buckwheat Organic Flakes

### Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal  
Gluten Free Mighty Tasty Hot Cereal

### Enjoy Life

Very Berry Crunch Granola

### EnviroKidz

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

## Cereal (Cont'd)

### Nature's Path

Organic Crispy Rice Cereal  
Organic Mesa Sunrise Cereal, 26.4 oz

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Mozzarella Cheese

## Chips, Pretzels and Snacks

### Food Should Taste Good

The Works! Tortilla Chips 6 oz

### Glutino

Pretzel Sticks, Family Bag  
Pretzels, Family Bag

### Kettle Brand®

Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 14 oz  
Potato Chips, Lightly Salted 14 oz  
Potato Chips, Lightly Salted 5 oz  
Potato Chips, Unsalted 5 oz

### Kettle Brand®

Potato Chips, Sea Salt & Vinegar 9 oz

### Lundberg Farms

Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Wild Rice Cakes  
Sesame Seaweed Rice Chips

## Condiments

### Eden

Tamari Soy Sauce, Naturally Brewed 20 oz

### San-J

Sweet and Sour Sauce

### Spectrum

Canola Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Enjoy Life

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chocolate Chip Cookie Pack  
Soft Baked Snickerdoodle Cookie Pack

### EnviroKidz

Koala Organic Crispy Rice Bars, Chocolate

### Glutino

Breakfast Bars, Blueberry  
Lemon Wafers

### Jennie's

Coconut Macaroons

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

### Mi-Del

Arrowroot Animal Cookies  
Chocolate Chip Cookies  
Ginger Snaps

### Pamela's Products

Chocolate Chip Walnut Cookies  
Chunky Chocolate Chip Cookies  
Ginger Cookies with Sliced Almonds  
Peanut Butter Cookies

## Crackers

### Blue Diamond

Almond Nut-Thins  
Pecan Nut-Thins  
Smokehouse Almond Nut-Thins

### Glutino

Crackers, Original

### Mary's Gone Crackers

Crackers, Herb  
Crackers, Onion  
Crackers, Original

## Dairy

### Brown Cow

Apricot-Mango Whole Milk Yogurt, 6 oz  
Blueberry Whole Milk Yogurt, 6 oz  
Cherry-Vanilla Whole Milk Yogurt, 6 oz

## Dairy (Cont'd)

### Brown Cow

Chocolate Whole Milk Yogurt, 6 oz  
Coffee Whole Milk Yogurt, 6 oz  
Low Fat Vanilla Yogurt, 32 oz  
Maple Whole Milk Yogurt, 32 oz  
Maple Whole Milk Yogurt, 6 oz  
Non Fat Lemon Yogurt, 32 oz  
Non Fat Plain Yogurt, 32 oz  
Non Fat Vanilla Yogurt, 32 oz  
Non Fat Vanilla Yogurt, 6 oz  
Peach Whole Milk Yogurt, 6 oz  
Plain Whole Milk Yogurt, 32 oz  
Plain Whole Milk Yogurt, 6 oz  
Raspberry Whole Milk Yogurt, 6 oz  
Strawberry Whole Milk Yogurt, 6 oz  
Vanilla Whole Milk Yogurt, 32 oz  
Vanilla Whole Milk Yogurt, 6 oz

### Earth Balance

Organic Whipped Buttery Spread  
Original Buttery Spread  
Soy Free Buttery Spread

### Stonyfield Farm

Organic Fat Free Lotsa Lemon Yogurt, 6 oz  
Organic Low Fat Blueberry Yogurt, 6 oz  
Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz

## Dairy Alternatives

### 365 Everyday Value™

Organic Ricemilk - Original  
Organic Ricemilk - Unsweetened  
Organic Ricemilk - Vanilla  
Organic Soymilk - Chocolate, 32 oz  
Organic Soymilk - Original, 32 oz  
Organic Soymilk - Unsweetened, 32 oz  
Organic Soymilk - Vanilla, 32 oz

### Blue Diamond

Almond Breeze, Chocolate  
Almond Breeze, Chocolate Unsweetened  
Almond Breeze, Original  
Almond Breeze, Original Unsweetened  
Almond Breeze, Vanilla

## Dairy Alternatives (Cont'd)

### Eden

Organic EdenBlend, Rice & Soy Beverage, 8.45 oz

### Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Mozzarella Cheese

### Rice Dream

Enriched Rice Milk Beverage, Original 8 oz

Enriched Rice Milk Beverage, Vanilla 32 oz

Heartwise Rice Milk Beverage, Original 32 oz

Organic Enriched Rice Milk Beverage, Original 32 oz

Organic Enriched Rice Milk Beverage, Original 64 oz

Organic Enriched Rice Milk Beverage, Vanilla 64 oz

Rice Milk Beverage, Original 32 oz

Rice Milk Beverage, Vanilla 32 oz

### So Delicious

Blueberry Cultured Coconut Milk Yogurt

Original (Plain) Coconut Milk Beverage

Original (Plain) Coconut Milk Kefir

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

Plus Soy Beverage, Plain 32 oz

Plus Soy Beverage, Vanilla 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

Sliced Black Forest Ham

Sliced Organic Roast Beef

Sliced Oven Roasted Sliced Turkey

## Energy and Nutrition Bars/Drinks

### Bumble Bar

Awesome Apricot

Chocolate Crisp

Original with Peanut

Tasty Tropical

## Entrees and Mixes

### DeBoles Foods

Rice Elbows & Cheese Pasta Dinner

### Mrs. Leeper's

Creamy Tuna Dinner

### Tasty Bite

Bombay Potatoes

Jodhpur Lentils

Kashmir Spinach

Spinach Dal

## Ethnic Foods

### Amy's

Organic Black Bean Enchilada Whole Meal

Organic Cheese Enchilada

Organic Cheese Tamale Verde Whole Meal

Organic Mexican Casserole Bowl

Organic Mexican Tamale Pie

Organic Teriyaki Bowl

### Annie Chun's

Maifun Rice Noodles

### Edward & Sons

Miso-Cup, Organic Traditional with Tofu

### Food Merchants

Organic Polenta, Basil & Garlic

### San-J

Sweet and Sour Sauce

### Tasty Bite

Bombay Potatoes

Jodhpur Lentils

Kashmir Spinach

Spinach Dal

## Frozen Foods

### Amy's

- Organic Black Bean Enchilada Whole Meal
- Organic Cheese Enchilada
- Organic Cheese Tamale Verde Whole Meal
- Organic Mexican Casserole Bowl
- Organic Mexican Tamale Pie
- Organic Rice Mac & Cheese
- Organic Shepherd's Pie
- Organic Teriyaki Bowl

### Organic So Delicious

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

### Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### Rice Dream

- Rice Dream, Strawberry
- Vanilla Frozen Dessert, Pint

### Van's

- Wheat Free Homestyle Waffles

## Grains and Rice

### Annie Chun's

- Rice Express Sprouted Brown Rice
- Rice Express Sticky White Rice

## Grains and Rice (Cont'd)

### Lundberg Farms

- Eco-Farmed California White Arborio Rice
- Eco-Farmed Wild Blend Gourmet Blend 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 Herbal Mint
- Shampoo for Dry and Normal Lavender Blend
- Shampoo for Normal and Oily Citrus Grapefruit

## Hand & Body Lotions

### Kiss My Face

- Honey & Calendula Moisturizer 4 oz
- Vitamin A&E Moisturizer 16 oz

## Hand & Body Washes

### 365

- Shower Gel Citrus Grapefruit
- Shower Gel Fragrance Free
- Shower Gel Lavender Blend

## Jams and Nut Butters

### Earth Balance

- Creamy Natural Peanut Butter
- Crunchy Natural Peanut Butter

### Maranatha

- Roasted Sesame Tahini

## Meat and Poultry

### Applegate Farms

- Beef Hot Dogs
- Sliced Turkey Bacon
- Turkey Hot Dogs

## Nutritional Supplements

### Amazing Grass

Amazing Meal Pomegranate Mango  
Green SuperFood Berry  
Green SuperFood Chocolate  
Green SuperFood Original

### BioChem

100% Greens & Whey Protein Powder  
100% Raw Foods & Whey Powder  
Carb Phaser 1000 60ct

### Country Life

Acidophilus with Pectin Capsules, 100 ct  
Betaine Hydrochloride w/Pepsin 100ct  
Bromelain 500mg 30ct  
Calcium Magnesium Zinc Tablets, 100 ct  
Charcoal Capsules 100 ct  
Charcoal Capsules 40 ct  
DHEA 25mg Capsules, 90 ct  
Folic Acid 800mcg 100ct  
L-Lysine 1000mg Tablets with B-6, 100 ct  
Liquid Fiber 16oz  
Liquid Multivitamin  
Liquid Target-Mins Calcium-Magnesium Complex, 32 oz  
Maxi Baby-dophilus Powder, 2 oz  
Maxi Hair 60ct  
Potassium 99mg Tablets, 100 ct  
Prosta-Max For Men, 100 ct  
Super Potency Biotin 5mg 60ct  
Vanadyl Sulfate 5000mcg Capsules, 90 ct  
Vitamin C w/Rosehip 500mg 100ct  
Vitamin D Dry 1000 IU 100ct  
Vitamin K-1 100mcg 100ct  
Water Factors 60ct

### Nature's Way Alive!

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

### Nature's Way Sambucus

Sambucus Syrup / 4 oz  
Sambucus Syrup / 8 oz

### Pioneer Nutrition

Vitamin Mineral, Chewable- 180 Wafers

## Nutritional Supplements (Cont'd)

### Rainbow Light

EVERYONE'S OMEGA 60  
JUST ONCE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 90  
PROTEIN ENERGIZER VANILLA  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

## Pasta

### Ancient Harvest

Quinoa Supergrain Pasta, Garden Pagodas 8 oz  
Quinoa Supergrain Pasta, Veggie Curls 8 oz

### Bionaturae

Organic Gluten Free Fusilli  
Organic Gluten Free Penne Rigate

### DeBoles Foods

Multi-Grain Penne  
Multi-Grain Spaghetti  
Rice Elbows & Cheese Pasta Dinner

### Tinkyada

Brown Rice Fusilli  
Organic Brown Rice Lasagne  
Organic Brown Rice Penne  
Organic Brown Rice Spaghetti

## Personal Care

### Kiss My Face

Triple Action Toothpaste 3.4 oz  
Whitening Toothpaste 3.4 oz

### Natracare

Breathable Panty Liners - 30 CT  
ORGANIC Regular Applicator Tampons - 16 CT  
ORGANIC Regular Non-Applicator Tampons - 20 CT  
ORGANIC Super Non-Applicator Tampons - 20 CT  
Regular Pads - 14 CT  
Slender Pads - 20 CT  
Ultra w/ Wings - Super Pad - 12 CT

## Personal Care (Cont'd)

### Tom's of Maine

- Apricot Long Lasting Stick Deodorant
- Cinnamint Antiplaque with Propolis & Myrrh Toothpaste
- Fennel Antiplaque Propolis & Myrrh Toothpaste
- Fragrance-Free Sensitive Stick Deodorant
- Lavender Long Lasting Stick Deodorant
- Lemongrass Long Lasting Stick Deodorant
- Peppermint Anti-Plaque Tartar Control Plus Whitening Toothpaste
- Peppermint Anticavity Toothpaste
- Peppermint Whole Care Toothpaste
- Silly Strawberry Anticavity Toothpaste
- Spearmint Whole Care Toothpaste
- Unscented Long Lasting Stick Deodorant
- Unscented Stick Deodorant
- Wintermint Whole Care Toothpaste
- Woodspice Stick Deodorant

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic

## Soups

### Amy's

- Organic Black Bean Chili
- Organic Black Bean Vegetable Soup
- Organic Lentil Soup
- Organic Lentil Soup, Light in Sodium
- Organic Lentil Vegetable Soup
- Organic Medium Chili with Vegetables
- Organic Split Pea Soup
- Organic Thai Coconut Soup (Tom Kha Phak)

### Edward & Sons

- Miso-Cup, Organic Traditional with Tofu

### Imagine Foods

- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Potato Leek Soup 16 oz
- Potato Leek Soup 32 oz