

# Gluten and Casein 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 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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### 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

### Baking Needs (Cont'd)

#### Bob's Red Mill

Potato Starch  
Tapioca Flour

#### Earth Balance

Shortening

#### Enjoy Life

Semi-Sweet Chocolate Chips

#### Gluten Free Pantry

Perfect Pie Crust Mix

### Beverages

#### 365 Every Day Value™

Black Cherry Soda  
Cherry Vanilla Creme Soda  
Cola  
Ginger Ale  
Key Lime Soda

## Beverages (Cont'd)

### 365 Every Day Value™

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

### So Delicious

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

## Bread

### Glutino

Premium Flax Seed Bread

## Candy and Chocolate

### Enjoy Life

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

## 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

### Lundberg Farms

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

## Condiments

### 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

### Jennie's

Coconut Macarons

### Pamela's Products

Ginger Cookies with Sliced Almonds  
Peanut Butter Cookies

## Crackers

### Mary's Gone Crackers

- Crackers, Herb
- Crackers, Onion
- Crackers, Original

## Dairy

### Earth Balance

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

## Dairy Alternatives

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Mozzarella Cheese

### 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

## Energy and Nutrition Bars/Drinks (Cont'd)

### Bumble Bar

- Tasty Tropical

## Ethnic Foods

### Amy's

- Organic Black Bean Enchilada Whole Meal
- Organic Mexican Tamale Pie
- Organic Teriyaki Bowl

### Food Merchants

- Organic Polenta, Basil & Garlic

## Frozen Foods

### Amy's

- Organic Black Bean Enchilada Whole Meal
- Organic Mexican Tamale Pie
- 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

## Frozen Foods (Cont'd)

### Van's

Wheat Free Homestyle Waffles

## Grains and Rice

### 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 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

### 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

### 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

## 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

## **Soups (Cont'd)**

### **Amy's**

Organic Split Pea Soup

Organic Thai Coconut Soup (Tom Kha Phak)

### **Imagine Foods**

Butternut Squash Soup 16 oz

Butternut Squash Soup 32 oz

Potato Leek Soup 16 oz

Potato Leek Soup 32 oz