

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Orchard 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.

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Baby & Infant Food

Stonyfield Farm

YoBaby Banana/Vanilla Yogurt

Baked Goods

WFM Gluten Free Bakehouse

Banana Bread
Blueberry Muffins
Carrot Cake
Chocolate Cupcakes
Cornbread
Molasses Ginger Cookies
Morning Glory Muffins
Pizza Crust
Prairie Bread
Stuffing Cubes

Baking Needs

Arrowhead Mills

Gluten Free Chocolate Chip Cookie Mix

Bob's Red Mill

Flaxseed Meal
Organic Flaxseed Meal

Earth Balance

Shortening

Let's Do...

Carnival Sprinkelz
Chocolatey Sprinkelz

Baking Needs (Cont'd)

Let's Do...

Confetti Sprinkelz

Beverages

So Delicious

Original (Plain) Coconut Milk Beverage
Vanilla Coconut Milk Beverage

Bread

Food For Life

Millet Bread, Wheat & Gluten Free
Raisin Pecan Bread, Wheat & Gluten Free
Rice Almond Bread, Wheat & Gluten Free
Rice Pecan Bread, Wheat & Gluten Free
White Rice Bread, Wheat & Gluten Free
Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Glutino

Bagels, Plain
Premium Corn Bread

Kinnikinnick

Brown Sandwich Bread
Tapioca Rice Hamburger Buns
Tapioca Rice Hot Dog Buns
White Sandwich Bread

WFM Gluten Free Bakehouse

Cornbread
Hamburger Buns
Prairie Bread

Candy and Chocolate

Dagoba Organic Chocolate

Conacado Bar, 73% Cacao
Eclipse Bar, 87% Cacao
Hazelnut Bar, 37% Cacao
Milk Chocolate Bar, 37% Cacao
New Moon Bar, 74% Cacao
Xocolatl Bar, 74% Cacao

Glee Gum

Glee Spearmint Gum

Let's Do...

Carnival Sprinkelz
Chocolatey Sprinkelz
Confetti Sprinkelz

Cereal

Nature's Path

Organic Fruit Juice Sweetened Corn Flakes
Organic Honey'd Cornflakes

Cheese

Follow Your Heart

Vegan Gourmet Cheddar
Vegan Gourmet Cream Cheese
Vegan Gourmet Mozzarella Cheese

Galaxy Nutritional Foods

American Rice Vegan Slices
American Vegan Slices
American Veggy Singles
Mozzarella Rice Slices

Chips, Pretzels and Snacks

Arico

Cassava Chips, Ginger on Fire

Food Should Taste Good

The Works! Tortilla Chips 6 oz

Food Should Taste Good

Jalapeno Tortilla Chips 6 oz

Glutino

Pretzels, Sticks

Chips, Pretzels and Snacks (Cont'd)

Kettle Brand®

Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 14 oz
Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 9 oz
Potato Chips, Honey Dijon 2 oz
Potato Chips, Lightly Salted 2 oz
Potato Chips, New York Cheddar w/ Herbs 2 oz
Potato Chips, New York Cheddar w/ Herbs 5 oz
Potato Chips, Organic Chipotle Chili BBQ 5 oz
Potato Chips, Organic Lightly Salted 5 oz
Potato Chips, Sea Salt & Vinegar 2 oz

Kettle Brand®

Baked Potato Chips, 100 Calorie, Lightly Salted .80 oz
Potato Chips, New York Cheddar w/ Herbs 9 oz
Potato Chips, Sour Cream, Onion & Chive 5 oz
Potato Chips, Tuscan Three Cheese 5 oz

Mr. Krispers

Baked Rice Krisps, Sun-Dried Tomato & Basil
Baked Rice Krisps, White Cheddar & Herbs

Condiments

Follow Your Heart

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

Spectrum

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

Cookies and Snack Bars

Let's Do...

Gluten Free Ice Cream Cones

Mi-Del

Chocolate Chip Cookies

Pamela's Products

Ginger Cookies with Sliced Almonds

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Dairy

Brown Cow

Blueberry Whole Milk Yogurt, 6 oz

Coffee Whole Milk Yogurt, 6 oz

Low Fat Strawberry Yogurt, 6 oz

Low Fat Vanilla Bean Yogurt, 6 oz

Maple Whole Milk Yogurt, 6 oz

Non Fat Plain Yogurt, 32 oz

Peach Whole Milk Yogurt, 6 oz

Plain Whole Milk Yogurt, 32 oz

Raspberry Whole Milk Yogurt, 6 oz

Vanilla Whole Milk Yogurt, 32 oz

Earth Balance

Buttery Spread with Olive Oil

Buttery Sticks

Organic Whipped Buttery Spread

Original Buttery Spread

Soy Garden Buttery Spread

Stonyfield Farm

Organic Fat Free Chocolate Underground Yogurt, 6 oz

Organic Fat Free French Vanilla Yogurt, 32 oz

Organic Fat Free Strawberry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Raspberry Yogurt, 6 oz

Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Vanilla, 32 oz

YoBaby Banana/Vanilla Yogurt

YoKids Strawberry BaNilla Blast Yogurt

YoKids Strawberry Vanilla Raspberry Yogurt

Dairy Alternatives

365 Everyday Value™

Organic Soymilk - Vanilla, 64 oz

Follow Your Heart

Vegan Gourmet Cheddar

Vegan Gourmet Cream Cheese

Vegan Gourmet Mozzarella Cheese

Galaxy Nutritional Foods

American Rice Vegan Slices

American Vegan Slices

American Veggy Singles

Mozzarella Rice Slices

Rice Dream

Refrigerated Ricemilk, Vanilla 64 oz

So Delicious

Original (Plain) Coconut Milk Beverage

Passionate Mango Cultured Coconut Milk Yogurt

Pina Colada Cultured Coconut Milk Yogurt

Strawberry Banna Cultured Coconut Milk Yogurt

Strawberry Cultured Coconut Milk Yogurt

Vanilla Coconut Milk Beverage

Deli Style Meats and Cheeses

Applegate Farms

Sliced Authentic Prosciutto

Desserts

WFM Gluten Free Bakehouse

Carrot Cake

Chocolate Cupcakes

Energy and Nutrition Bars/Drinks

Prana Bar

Organic Pear Ginseng

Entrees and Mixes

Arrowhead Mills

Gluten Free Chocolate Chip Cookie Mix

Gluten Free Pizza Crust Mix

Entrees and Mixes (Cont'd)

Ian's Natural Foods

Pasta Dinner Kit, Wheat Free Gluten Free
Pizza Dinner Kit, Wheat Free Gluten Free

Ethnic Foods

Amy's

Organic Asian Noodle Stir-Fry
Organic Black Bean Enchilada Whole Meal
Organic Black Bean Vegetable Enchilada
Organic Black Bean Vegetable Enchilada, Light in Sodium
Organic Cheese Enchilada
Organic Cheese Enchilada Whole Meal
Organic Indian Mattar Paneer
Organic Indian Mattar Tofu
Organic Indian Palak Paneer
Organic Indian Paneer Tikka
Organic Indian Vegetable Korma
Organic Mexican Casserole Bowl
Organic Mexican Tamale Pie
Organic Mexican Tofu Scramble
Organic Santa Fe Enchilada Bowl
Organic Teriyaki Bowl
Organic Thai Stir-Fry

Food For Life

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

Food Merchants

Organic Polenta, Sundried Tomato & Garlic

Facial Care Products

Pangea Organics

Facial Cleanser, Egyptian Calendula & Blood Orange
Facial Cream, Egyptian Fennel with Rosemary & Mint
Facial Cream, French Chamomile & Orange Blossom
Facial Cream, Italian Red Mandarin with Rose
Facial Cream, Malagasy Ylang Ylang & Linden Flower

Facial Care Products (Cont'd)

Pangea Organics

Facial Cream, Nigerian Ginger, Sweet Lavender & Thyme
Facial Mask, Japanese Matcha Tea with Acai & Goji Berry
Toner, Argentinian Tangerine & Thyme
Toner, French Rosemary with Sweet Orange
Toner, Italian Green Mandarin with Sweet Lime

Frozen Foods

Amy's

Kids Baked Ziti Meal
Organic Asian Noodle Stir-Fry
Organic Baked Ziti Bowl
Organic Bistro Veggie Burger
Organic Black Bean Enchilada Whole Meal
Organic Black Bean Vegetable Enchilada
Organic Black Bean Vegetable Enchilada, Light in Sodium
Organic Brown Rice & Vegetables Bowl
Organic Brown Rice & Vegetables Bowl, Light in Sodium
Organic Cheese Enchilada
Organic Cheese Enchilada Whole Meal
Organic Garden Vegetable Lasagna
Organic Indian Mattar Paneer
Organic Indian Mattar Tofu
Organic Indian Palak Paneer
Organic Indian Paneer Tikka
Organic Indian Vegetable Korma
Organic Mexican Casserole Bowl
Organic Mexican Tamale Pie
Organic Mexican Tofu Scramble
Organic Rice Crust Cheese Pizza
Organic Rice Mac & Cheese
Organic Santa Fe Enchilada Bowl
Organic Shepherd's Pie
Organic Teriyaki Bowl
Organic Thai Stir-Fry
Organic Tofu Scramble

Glutino

Pizza, Duo Cheese

Frozen Foods (Cont'd)

Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Wafflewich, Egg & Maple Cheese, Wheat Free
Gluten Free

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert

Kinnikinnick

Brown Sandwich Bread
Homestyle Waffles, Original
Tapioca Rice Hamburger Buns
Tapioca Rice Hot Dog Buns
White Sandwich Bread

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle Waffles

Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough (Gluten Free) Non-Dairy Frozen
Dessert
Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert

Rice Dream

Cocoa Marble Fudge Frozen Dessert, Quart
Rice Dream, Strawberry
Vanilla Frozen Dessert, Quart

So Delicious

Creamy Orange Bar
Creamy Raspberry Bar

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock

Van's

Wheat Free Buckwheat Waffles
Wheat Free Homestyle Waffles
Wheat Free Mini Homestyle Waffles

Hand & Body Washes

Pangea Organics

Liquid Soap, Canadian Pine with White Sage
Liquid Soap, Italian White Sage with Geranium &
Yarrow
Liquid Soap, Pyrenees Lavender with Cardamom
Shower Gel, Egyptian Basil & Mint
Shower Gel, Indian Lemongrass with Rosemary
Shower Gel, Italian White Sage with Geranium &
Yarrow
Shower Gel, Malagasy Ylang Ylang & Linden
Flower
Shower Gel, Pyrenees Lavender with Cardamom

Jams and Nut Butters

Earth Balance

Crunchy Natural Peanut Butter

Meat Alternatives

WestSoy

Firm Tofu, Water-Pack 16 oz

Meat and Poultry

Applegate Farms

Chicken Apple Breakfast Sausage

Personal Care

Tom's of Maine

Fennel Anticavity SLS-Free Toothpaste
Fennel Antiplaque Propolis & Myrrh Toothpaste
Lemon/Lime Anticavity Drymouth SLS-
Free Toothpaste
Peppermint Anticavity SLS-Free Toothpaste
Peppermint Baking Soda Mouthwash
Peppermint Whole Care Gel Toothpaste
Peppermint Whole Care Toothpaste
Spearmint Anticavity ADA Mouthwash
Spearmint Anticavity Toothpaste
Spearmint Antiplaque with Propolis & Myrrh
Toothpaste

Personal Care (Cont'd)

Tom's of Maine

- Spearmint Flat Floss
- Unflavored Round Floss
- Wintermint Anticavity Toothpaste
- Wintermint Sensitive SLS-Free Toothpaste
- Wintermint Sensitive Toothpaste
- Wintermint Whole Care Toothpaste

Prepared Foods

Food Merchants

- Organic Polenta, Sundried Tomato & Garlic

Seafood

Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock

Soups

Imagine Foods

- Butternut Squash Soup 32 oz
- Organic Tomato Soup 32 oz

Specialty Foods

WFM Gluten Free Bakehouse

- Stuffing Cubes