

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Williamson Store, South 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.

### Baked Goods

#### WFM Gluten Free Bakehouse

- Almond Cookies
- Honey Oat Bread
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix
- Long Grain Brown Rice Flour
- Millet Flour
- White Rice Flour
- Yellow Corn Meal

### Baking Needs (Cont'd)

#### Bob's Red Mill

- Almond Flour
- Baking Soda
- Brown Rice Flour
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cinnamon Raisin Bread
- Gluten Free Cornbread Mix
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Hearty Whole Grain Bread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Guar Gum
- Hazelnut Meal/Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal

## Baking Needs (Cont'd)

### Bob's Red Mill

- Potato Flour
- Potato Starch
- Teff Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- All-Purpose GF Baking Flour Mix
- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- Decadent Chocolate Cake Mix
- Muffins & Scone Mix
- Old Fashioned Cake & Cookie Mix
- Perfect Pie Crust Mix

### Hain

- Baking Powder

### Namaste

- Blondie Mix
- Bread Mix
- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Cornbread & Muffin Mix
- Gluten-Free Bread Mix
- Vanilla 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

- Black Cherry Berry Tea
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Imperial Peach White Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- True Blueberry, 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 Pizza Crusts

### WFM Gluten Free Bakehouse

- Honey Oat Bread

## Candy and Chocolate

### Enjoy Life

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

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

### Bob's Red Mill

- Brown Rice Farina Creamy Rice Hot Cereal
- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Brown Rice Farina Creamy Rice Hot Cereal

### Enjoy Life

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

### EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Gorilla Munch Organic Cereal, 23 oz
- Koala Crisp Organic Cereal
- Koala Crisp Organic Cereal, 26 oz
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal, 25 oz

### Nature's Path

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

### WFM Gluten Free Bakehouse

- Fruit and Nut Granola

## Cheese

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Cream Cheese
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese
- Vegan Gourmet Sour Cream

## Chips, Pretzels and Snacks

### Food Should Taste Good

- Lime Tortilla Chips 5.5 oz
- Sweet Potato Tortilla Chips 6 oz

### Food Should Taste Good

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

### Glutino

- Pretzels, Sesame Rings
- Pretzels, Sticks
- Pretzels, Twists
- Pretzels, Unsalted

### Lundberg Family Farms

- Apple Cinnamon Rice Cakes
- Brown Rice Cakes
- Honey Nut Rice Cakes
- Organic Sea Salt Rice Chips
- Organic Sesame Tamari Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Unsalted Brown Rice Cakes
- Organic Wild 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

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

### Organicville

Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

### Spectrum

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

## Cookies and Snack Bars

### Bakery On Main

Peanut Butter Chocolate Chip Granola Bars

### Enjoy Life

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Lively Lemon Cookies  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### EnviroKidz

Cheetah Organic Crispy Rice Bars, Berry  
Koala Organic Crispy Rice Bars, Chocolate  
Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle  
Organic Vanilla Animal Cookies  
Penguin Organic Crispy Rice Bars, Fruity Burst

## Cookies and Snack Bars (Cont'd)

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

### Jennie's

Coconut Macaroons

### WFM Gluten Free Bakehouse

Almond Cookies  
Molasses Ginger Cookies

## 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

## Dairy Alternatives

### Follow Your Heart

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

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
French Vanilla Coconut Milk Creamer

## Dairy Alternatives (Cont'd)

### So Delicious

- 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 Non-Dairy Frozen Coconut Milk Dessert
- 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

- Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken Salametti
- Sliced Authentic Prosciutto
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Turkey Bologna

## Desserts

### Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

## Desserts (Cont'd)

### 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

- Chocolate Crisp
- Lushus Lemon
- Original with Cashew
- Original with Hazelnut
- Original with Mixed Nuts
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix

### Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix

### Lundberg Family Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

### Namaste

- Blondie Mix
- Bread Mix
- Brownie Mix
- Pizza Crust Mix
- Spice Cake Mix

## Entrees and Mixes (Cont'd)

### Namaste

- Sugar-Free Muffin Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Vanilla Frosting Mix

## Ethnic Foods

### Food Merchants

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

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## Frozen Foods

### Applegate Farms

- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

### Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free

### It's Soy Delicious

- Chocolate Almond Non-Dairy Frozen Dessert

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

### Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mint Marble Fudge Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

- Chocolate Obsession Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge 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

### Sweet Nothings

- Non-Dairy Fudge Bar

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles
- Wheat Free French Toast Sticks Cinnamon
- Wheat Free Homestyle Waffles
- Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

- Traditional Organic Quinoa 12 oz

### Bob's Red Mill

- Organic Quinoa Grain

## Grains and Rice (Cont'd)

### Lundberg Family Farms

- Eco-Farmed California Brown Basmati Rice
- Eco-Farmed California White Arborio Rice
- Eco-Farmed Long Grain Brown Rice
- Eco-Farmed Short Grain Brown Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Basmati Rice
- Organic California White Basmati Rice
- Organic California White Jasmine Rice
- Organic Long Grain Brown Rice
- Organic Quick Wild Rice

## Hair Care Products

### 365 Every Day Value™

- Conditioner Citrus Grapefruit
- 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 Washes

### 365 Every Day Value™

- 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

### Earth Balance

- Creamy Natural Almond Butter

## Meat and Poultry

### Applegate Farms

- Beef Hot Dogs
- Chicken Apple Breakfast Sausage
- Chicken Hot Dogs
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Chicken Hot Dogs
- Organic Fire Roasted Red Pepper Sausage
- Organic Hot Dogs
- Organic Poultry Andouille Sausage
- Organic Sweet Italian Sausage
- Organic Turkey Burgers
- Organic Turkey Hot Dogs
- Sage Breakfast Sausage
- Sliced Organic Turkey Bacon
- Sliced Sunday Bacon
- Sliced Turkey Bacon
- Turkey Hot Dogs

## Nutritional Supplements

### Nature's Way Alive!

- Alive! Whole Food C, 120 Vcaps
- Alive! Whole Food C, Pwd 120 g
- Alive!® (no iron added) / 180 Tb
- Alive!® (no iron added) / 30 Tb
- Alive!® (no iron added) / 90 Tb
- Alive!® (no iron added) / 90 Vcaps®
- Alive!® / 180 Tb

### Nature's Way Primadophilus

- Primadophilus® Reuteri Pearls / 30 Pearls

### Nature's Way Sambucus

- Sambucus Immune Syrup / 4 oz
- Sambucus Sugar-Free Syrup / 8 oz
- Sambucus Syrup / 4 oz

### Nature's Way Thisilyn

- Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

- Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

### Rainbow Light

- ACTIVE HEALTH TEEN MULTIVITAMIN 30
- ACTIVE SENIOR MULTIVITAMIN 90

## Nutritional Supplements (Cont'd)

### Rainbow Light

BUSY BRAIN RELEASE 60  
CALCIUM CITRATE MINI TABS 120  
COMPLETE PRENATAL SYSTEM 180  
COMPLETE PRENATAL SYSTEM 360  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 90  
JUST ONCE MULTIVITAMIN 120  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
NAIL, HAIR & SKIN CONNECTION 60  
PMS RELIEF 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PROTEIN ENERGIZER VANILLA  
VITAMIN D 1,000 IU GUMMIES 50  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S NUTRITIONAL SYSTEM 180  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30

## Pasta

### Ancient Harvest

Quinoa Supergrain Pasta, Elbows 8 oz  
Quinoa Supergrain Pasta, Garden Pagodas 8 oz  
Quinoa Supergrain Pasta, Rotelle 8 oz  
Quinoa Supergrain Pasta, Shells 8 oz  
Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

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

### DeBoles Foods

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

## Pasta (Cont'd)

### DeBoles Foods

Rice Spirals

### Lundberg Family Farms

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

## Prepared Foods

### Food Merchants

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

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki  
Organic Medium Salsa  
Organic Mild Salsa  
Organic Sesame Teriyaki

## Seafood

### Starfish

Crispy Battered Gluten Free Cod

## Soups

### Imagine Foods

Broccoli Soup 32 oz  
Butternut Squash Soup 32 oz  
Creamy Tomato Soup 16 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  
Potato Leek Soup 32 oz

## **Sweeteners**

### **Lundberg Family Farms**

Brown Rice Syrup

Organic Brown Rice Syrup