

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cambie Store, Pacific Northwest 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.

Baby & Child Products

365 Everyday Value®

- Baby Shampoo
- Baby Lotion

Hugo Naturals

- Vanilla & Chamomile Baby Oil

Baked Goods

Flax 4 Life

- Carrot Raisin Flax Muffins
- Wild Blueberry Flax Muffins
- Apple Cinnamon Muffins

Udi's Gluten Free Foods

- Three Cheese Pizza

Wendel's True Foods

- Carrot Cake Single
- Westcoast Apple Pie
- Chocolate Kaluha Cake
- Pecan Caramel Cheesecake
- Nanaimo Bar
- Nanaimo Bar Single
- Black Forest Cake
- Pecan Tart
- Cranberry Pecan Tart
- Chocolate Brownie
- Chocolate Brownie Single
- Chocolate Dipped Profiteroles
- Chocolate Almond Cake
- Carrot Cake

Wise Bites

- Blueberry Lemon Quinoa Muffins
- Quinoa Chocolate Chip Bar
- Quinoa Triple Fudge Bar
- Chocolate Chip Quinoa Muffins

Baking Needs

Cup4Cup

- Gluten-Free Multi-Purpose Flour

EatPastry

- Gluten Free Chocolate Chunk Cookie Dough

Enjoy Life Foods

- Mega Chunks
- Mini Chips

Let's Do... Organic

- Organic Tapioca Granules
- Confetti Sprinkelz
- Organic Creamed Coconut

Namaste

- Pizza Crust Mix

Namaste Foods

- Bread Mix

Pamela's Products

- Classic Vanilla Cake Mix
- Dark Chocolate Frosting Mix
- Pancake and Baking Mix
- Vanilla Frosting Mix
- Baking & Pancake
- Chocolate Brownie

Bar Soap

Hugo Naturals

- Vanilla Sweet Orange Bar Soap
- Unscented Bar Soap
- Indonesian Patchouli Sandalwood Bar Soap

Bath Salts/Sugars/Scrubs

Hugo Naturals

- French Lavender Dead Sea Salt Body Scrub
- Brown Sugar & Kumquat Body Polish
- Vanilla & Sweet Orange Effervescent Bath Salts

Hugo Naturals (Cont'd)

Mango & Guava Effervescent Bath Salts
Grapefruit Himalayan Pink Salt Body Scrub
French Lavender Effervescent Bath Salts
Sea Fennel & Passionflower Sea Salt and Sugar Body Scrub

Beverages**Kedem**

100% Organic Grape Juice

Kedem Foods

Organic Grape Juice Single Serve
Organic Biodynamic Grape Juice

Bread**Canyon Bakehouse**

Caraway Bread
Hamburger Bun
Hot Dog buns 6pack
7-Grain Bread

Food for Life

Gluten Free Whole Grain Brown Rice Tortillas
Gluten Free Brown Rice English Muffins

Glutenull Bakery

Buckwheat Bread
Amaranth Bread
Quinoa Bread
Brown Rice Bread

Namaste Foods

Bread Mix

Udi's Gluten Free Foods

White Sandwich Bread
Plain Bagels
Cinnamon Raisin Bread
Millet-Chia Bread
Whole Grain Bread
Classic Hamburger Buns
Classic Hot Dog Buns
Pizza Crusts 9"

Breakfast Foods**Glutenull Bakery**

Sprouted Granola - Oat Free

Candy and Chocolate**Edward & Sons**

Waffle Ice Cream Cones

Endangered Species Chocolate

Dark Chocolate With Forest Mint (Rainforest)
Dark Chocolate (Chimpanzee)
Smooth Milk Chocolate
Dark Chocolate With Cranberries & Almonds (Wolf)
Dark Chocolate With 88% Cocoa (Black Panther)
Dark Chocolate With Raspberries (Grizzly)

Glee

Wheving Triple Berry Gum
Peppermint Gum

Glee (Cont'd)

Bubblegum Gum
Spearmint Gum

Let's Do... Organic

Confetti Sprinkelz

Surf Sweets

Organic Fruity Hearts Tarts

The Ginger People

Original Ginger Chews
Ginger Chew
Spicy Apple Chewy Ginger Chews
Gin Gins Double Strength Hard Ginger Candy

Canned Goods**Amy's Kitchen**

Refried Beans with Green Chiles
Organic Traditional Refried Beans
Organic Spicy Chili
Refried Black Beans
Organic Medium Chili

Native Forest

Organic Pineapple Slices
Organic Baby Corn
Whole Artichoke Hearts

Canned/Jarred Goods**Native Forest**

Whole Artichoke Hearts

Cereal**EnviroKidz**

Organic Koala Crisp Cereal

Envirokidz

Organic Peanut Butter Panda Puff Cereal
Organic Gorilla Munch Cereal

Glutenfreeda

Brown Sugar Flax Oatmeal Cup
Cranberry Apple Walnut Oatmeal Cup
Blueberry Strawberry Brown Sugar Oatmeal Cup

Nature's Path

Organic Corn Flakes Fruit Juice Sweetened Cereal
Organic Whole Grain Brown Crispy Rice Gluten-Free Cereal
Organic Honey'D Corn Flakes Cereal
Organic Honey'D Corn Flakes Cereal
Organic Mesa Sunrise Cereal

Chips/Pretzels/Snacks**Beanfields**

Bean and Rice Chips, Sea Salt

Edward & Sons

Tamari Seaweed Brown Rice Snaps
Black Sesame Brown Rice Snaps
Organic Unsalted Brown Rice Snaps
Spring Onion Jasmine Rice Toasts
Vegetable Brown Rice Snaps

Late July

Sea Salt Tortilla Chips
 Nacho Chipotle Tortilla Chips
 Multigrain Sea Salt Snack Chips
 Mild Green Mojo Chips
 Organic Sub Lime Tortilla Chips
 Organic Red Hot Mojo Tortilla Chips

Pirate Brands

Aged White Cheddar Pirate's Booty 6PK
 Aged White Cheddar Pirate's Booty

PopCorners

PopCorners Cheddar Feel-Good

Coffee and Tea**Celestial Seasonings**

Sleepytime Herbal Tea
 Bengal Spice

Condiments**The Wizard's Sauce**

Organic Wheat-Free Vegan Worcestershire

Cookies and Snack Bars**Edward & Sons**

Waffle Ice Cream Cones

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies
 Soft Baked Double Chocolate Brownie Cookies
 Soft Baked Chocolate Chip Cookies
 Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Envirokidz

Organic Crispy Rice Peanut Choco Drizzle Bar
 Organic Crispy Rice Chocolate Bar

Glicks

Almond Macaroons

Glutenull Bakery

Coco Moko Cookies
 Buckwheat Granola Bars

Glutino

Chocolate Coated Chocolate Wafers

GoMacro, Inc

Macrobar Chocolate Protein
 Macrobar Banana Almond
 Macrobar Peanut Butter Chocolate Chip
 Macrobar Almond Butter + Carob
 Macrobar Granola W/ Coconut
 Macrobar Peanut Protein
 Macrobar Cherries N' Berries
 Macrobar Cashew Butter
 Macrobar Cashew Caramel

Jovial

Fig Fruit Filled Cookies
 Chocolate Cream Filled Chocolate Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

Kinnikinnick (Cont'd)

S'moreables Graham Style Crackers

NuGo Dark

Chocolate Pretzel Bar
 Mint Chocolate Chip Bar
 Chocolate Mocha Bar
 Chocolate Chocolate Chip Bar

NuGo Slim

Dark Brownie Crunch Bar
 Chocolate Raspberry Truffle Bar
 Roasted Peanut Bar

Wendel's True Foods

GF GINGER COOKIES SINGLE
 GF CHOCOLATE CHIP COOKIES
 GF ALMOND BUTTER COOKIES SINGLE
 GF ALMOND BUTTER COOKIES
 GF GINGER COOKIES
 GF BUTTER TART SINGLE
 GF CHOCOLATE CHIP COOKIES SINGLE

Zing Nutrition Bars

Dark Chocolate Hazelnut Bar

Cosmetics**Derma E**

Evenly Radiant Makeup Remover

Gabriel Cosmetics

Lipstick - Coral
 Lip Gloss - Soft Berry
 Dahlia Milti Pot
 Magnolia Multi Pot

Gabriel Cosmetics Inc.

Mascara-Black
 Lipliner - Mahogany
 Lipstick - Taupe
 Lipstick - Pomegranate
 Mascara-Black Brown
 Lipstick - Sheer Pink
 Lipstick - Nude
 Lipstick - Mauve
 Lipstick - Matte Cerise
 Lipstick - Currant
 Lipstick - Clay
 Lip Gloss Treatment - Nectar
 Lipstick - Raisin

Gabriel Cosmetics, Inc.

Concealer - Medium
 Concealer - Light

Gabriel Makeup

Eye Shadow-bisque
 Dual Powder Foundation-Tan Beige
 Dual Powder Foundation-Light Beige
 Blush - Apricot
 Eye Shadow-dove
 Dual Powder Foundation-Med Beige

Gabriel Makeup (Cont'd)

Eye Shadow-sable
Blush - Rose
Blush - Petal
Dual Powder Foundation-Extra Light Beige
Eye Shadow-navy

Mineral Fusion

Pressed Powder Foundation - WARM 3
Blush - FLASHY
Liquid Lip Gloss - Enlighten
Eye Shadow Trio - ESPRESSO GOLD
Lipstick - Exotic
Eye Pencil - Volcanic
Pressed Powder Foundation - WARM 1
Blush Airy
Eye Pencil - Rough
Eye Pencil - Coal
Concealer Duo - Cool
Liquid Lip Gloss - Heat
Radiance Illuminating Powder
Pressed Powder Foundation - NEUTRAL 2
Eye Shadow - RAW
Eye Pencil Touch
Lengthening Mascara Graphite
Pressed Powder Foundation - OLIVE 3
Brush Camouflage
Brush Eye Liner/Brow
Pressed Powder Foundation - OLIVE 1
Pressed Powder Foundation - COOL 2
Blush - CREATION
Hydration Mist
Eye Shadow Trio - FRAGILE
Sheer Tint Foundation Neutral
Concealer Duo - Neutral
Lip Stick Gem
Eye Pencil - Azure
Lipstick - Inspire
Brush Blender
Sheer Tint Foundation Warm
Eye Makeup Remover
Liquid Lip Gloss - Delicate
Brush Blush
Pressed Powder Foundation - NEUTRAL 1
Brush Flawless

Zuzu Luxe

Dual Powder Foundation - d-17
Oil-Free Liquid Foundation SPF 18 - L11
Lipstick - Dollhouse Pink
Eyeshadow-ice princess
Lipstick - Beso Beso
Lip Gloss Treatment - Tango
Dual Powder Foundation - d-14
Eyeshadow-dusk

Zuzu Luxe (Cont'd)

Blush-Haze
Eyeshadow-eternity
Dual Powder Foundation - d-20
Lipstick - Allure
Eyeshadow-vixen
Lipstick - Vino de Amor
Lip Gloss Treatment - Crystal
Lipstick - Galaxy
Dual Powder Foundation - d-4
Mascara - Espresso
Blush-Nymph
Dual Powder Foundation - d-32

Crackers**Edward & Sons**

Tamari Seaweed Brown Rice Snaps
Black Sesame Brown Rice Snaps
Exotic Thai Red Rice & Flaxseeds Rice Toast
Spring Onion Jasmine Rice Toasts
Vegetable Brown Rice Snaps
Organic Unsalted Brown Rice Snaps
Exotic Purple Rice & Black Sesame Rice Toast

Gabriel Cosmetics

Magnolia Multi Pot
Lipstick -Coral

Mary's Gone Crackers

Caraway Crackers
Original Crackers
Herb Crackers
Onion Crackers
Black Pepper Crackers

Yehuda

Matzo Style Squares

Dairy Alternatives**Blue Diamond**

Almond Breeze Vanilla
Almond Breeze Original
Almond Breeze Chocolate

Desserts**Edward & Sons**

Waffle Ice Cream Cones

Wendel's True Foods

Pecan Caramel Cheesecake
Chocolate Dipped Profiteroles
Black Forest Cake
Chocolate Almond Cake
Chocolate Kaluha Cake
Cranberry Pecan Tart

Energy and Nutrition Bars/Drinks**GoMacro, Inc**

Macrobar Cashew Butter
Macrobar Chocolate Protein

GoMacro, Inc (Cont'd)

Macrobar Granola W/ Coconut
Macrobar Peanut Butter Chocolate Chip
Macrobar Peanut Protein
Macrobar Banana Almond
Macrobar Cashew Caramel
Macrobar Cherries N' Berries
Macrobar Almond Butter + Carob

KeVita

Strawberry Acai Coconut Sparkling Probiotic Drink

Zing

Dark Chocolate Peanut Butter Bar
Dark Chocolate Coconut Bar
Peanut Butter Chocolate Chip Bar
Coconut Cashew Crisp Bar

Zing Nutrition Bars

Dark Chocolate Hazelnut Bar

Entrees and Mixes**Edward & Sons**

Organic Home Style Mashed Potato Mix

Namaste

Pizza Crust Mix

Namaste Foods

Bread Mix

TastyBite

Bombay Potatoes

Ethnic Foods**Amy's Kitchen**

Thai Green Curry,CAN,12Pk

Edward & Sons

Miso-Cup, Organic Japanese Restaurant Style
Miso-Cup, Organic Traditional with Tofu
Tamari Seaweed Brown Rice Snaps

Food for Life

Gluten Free Whole Grain Brown Rice Tortillas

Kedem Gourmet

Gefilte Fish Gluten Free

TastyBite

Bombay Potatoes

Yehuda

Fiber Enriched Matzo
Matzo Style Squares

Facial Care Products**Derma E**

Evenly Radiant Cleanser
Evenly Radiant Day Creme SPF 15
Refining Vitamin A and Glycolic Cleanser
Deep Wrinkle Reverse Eye Creme with Peptides Plus
Soothing Moisturizing Creme With anti-aging Pycnogenol
Hydrating Mask with Hyaluronic Acid
Tea Tree and E Antiseptic Creme
Hydrating Cleanser with Hyaluronic Acid
Very Clear Spot Treatment With Anti-Blemish Complex

Derma E (Cont'd)

Deep Wrinkle Reverse Moisturizer with Peptides Plus
Evenly Radiant Dark Circle Eye Creme
Hydrating Serum with Hyaluronic Acid
Refining Vitamin A and Glycolic Scrub
Firming Serum with DMAE, Alpha Lipoic and C-Ester
Evenly Radiant Makeup Remover
Evenly Radiant Serum
Age-Defying Day Creme with Astaxanthin and Pycnogenol
Refining Vitamin A Oil
Refining Vitamin A and Green Tea Moisturizer
Vitamin E Severely Dry Skin Creme
Age-Defying Night Creme with Astaxanthin and Pycnogenol
Hydrating Eye Creme with Hyaluronic Acid and Pycnogenol
Microdermabrasion Scrub
Firming Moisturizer with DMAE, Alpha Lipoic and C-Ester
Deep Wrinkle Reverse Serum with Peptides Plus
Very Clear Cleanser Anti-Blemish Complex
Hydrating Night Creme with Hyaluronic Acid
Hydrating Mist with Hyaluronic Acid
Hydrating Day Creme with Hyaluronic Acid
Soothing Cleanser With anti-aging Pycnogenol
Very Clear Scrub Anti-Blemish Complex
Age-Defying Eye Creme with Astaxanthin and Pycnogenol
Evenly Radiant Overnight Peel
Refining Vitamin A Creme

Fragrances & Perfumes**Hugo Naturals**

Travel Size French Lavender Essential Mist

Frozen Foods**Amy's Kitchen**

Light & Lean Sweet and Sour Noodle Bowl
Black Bean Enchilada
Rice Crust Cheese Pizza
Brown Rice and Vegetable Bowl
Vegetable Lasagne
Gluten Free Black Bean & Quinoa Burrito,CAN,12Pk
Broccoli Cheddar Bowl
Tofu Scramble Breakfast Wrap
Cheese Enchilada
Dairy Free Rice Macaroni n Cheese
Whole Meal Veggie Loaf
Indian Aloo Mattar Wrap
Indian Vegetable Korma
Rice Macaroni n Cheese
Veggie Scramble Meal
Palak Paneer
Bean, Rice, & Cheese Burrito
Indian Mattar Paneer
Pad Thai
Bean & Rice Burrito

Glutenfreeda

- Vegetarian Bean & Cheese Burrito
- Chicken & Cheese Burrito

Ian's Natural Foods

- Wheat Free Gluten Free Chicken Nuggets Family Pack
- Fish Sticks, Allergen Free
- Chicken Nuggets, Allergen Free
- Fish Stick Family Pack- Wheat Free Gluten Free

Grains and Rice

Lotus Foods

- Organic Volcano Rice Blend 15 oz.
- Organic Forbidden Rice 15 oz.

Lundberg Family Farms

- Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb

TastyBite

- Bombay Potatoes

Hair Care Products

365 Everyday Value®

- Lavender Shower Gel
- Lavender Body Lotion
- Shampoo Fragrance Free
- Shampoo Citrus Grapefruit
- Conditioner Herbal Mint
- Lavender Body Lotion
- Conditioner Fragrance Free
- Conditioner Fragrance Free
- Shampoo Citrus Grapefruit
- Conditioner Herbal Mint
- Lavender Shower Gel
- Conditioner Citrus Grapefruit
- Conditioner Lavender
- Shampoo Lavender
- Conditioner Citrus Grapefruit
- Shampoo Herbal Mint
- Shampoo Herbal Mint
- Shampoo Lavender
- Conditioner Lavender
- Shampoo Fragrance Free

Hand & Body Lotions

365 Everyday Value®

- Herbal Mint Body Lotion
- Herbal Mint Body Lotion
- Fragrance Free Body Lotion
- Fragrance Free Body Lotion
- Citrus Grapefruit Body Lotion
- Citrus Grapefruit Body Lotion

Hugo Naturals

- Vanilla & Sweet Orange All Over Lotion
- French Lavender All Over Lotion
- Shea Butter & Oatmeal All Over Lotion
- Unscented All Over Lotion
- Grapefruit All Over Lotion
- Vanilla Sweet Orange Body Butter

Hand & Body Washes

365 Everyday Value®

- Citrus Grapefruit Shower Gel
- Herbal Mint Shower Gel
- Fragrance Free Shower Gel
- Foaming Hand Soap Sweet Pumpkin
- Citrus Grapefruit Shower Gel
- Fragrance Free Shower Gel
- Herbal Mint Shower Gel

Hugo Naturals

- Shea Butter & Oatmeal Shower Gel
- Shea Butter & Chamomile Shampoo & Baby Wash
- Vanilla & Sweet Orange Shower Gel

Lip Balms

Badger

- Organic Cool Mint Cocoa Butter Lip Balm
- Organic Creamy Cocoa Cocoa Butter Lip Balm
- Coffee Roast Cocoa Butter Lip Balm
- Organic Lime Rocket Cocoa Butter Lip Balm
- Organic Sweet Orange Cocoa Butter Lip Balm

Meat Alternatives

Amy's Kitchen

- Sonoma Veggie Burger CAN, 12pk

Nuts/Seeds/Dried Fruits

Made In Nature

- Dried Mango Pieces
- Prunes
- Organic Dried Apricots

Sahale Snacks

- Valdosta Pecan Blend
- Almonds w/ Cranberries Honey & Sea Salt
- Pomegranate Vanilla Cashews
- Soledad Almond Blend

Oils - Essential/Massage/Aromatic

Derma E

- Vitamin E Skin Oil 14,000 I.U.

Hugo Naturals

- French Lavender Massage Body Oil
- Vanilla & Chamomile Baby Oil
- Indonesian Patchouli Sandalwood Massage Body Oil

Ointments/Salves/Gels/Antiseptics

Badger

- Organic Lavender and Bergamot Sleep Balm
- Organic Peppermint and Tea Tree Foot Balm
- Foot Balm
- Organic Lavender and Chamomile Night Night Balm
- Baby Balm
- Glass Bottle Baby Oil
- Organic Smoothing Shea Butter Cuticle Care

Pasta

Gefen

- Gluten Free Wide Noodles

Gefen (Cont'd)

Gluten Free Rotelle Noodles
Shell Noodles
Gluten Free Thin Noodles
Ziti Noodles
Gluten Free Elbow Noodles

Jovial

Brown Rice Fusilli

Miracle Noodle

Spinach Angel Hair

RP's Pasta Fresh Pasta

Gluten Free Fusilli
Gluten Free Lasagna Sheets
Gluten Free Spinach Fettuccine
Gluten Free Fettuccine

Rizopia

Spinach Rice Spaghetti
Organic Gluten Free Rice Pasta, Penne
Rice Pasta, Fusilli
Organic Gluten Free Brown Rice Spaghetti
Organic Wild Rice Spaghetti
Rice Pasta, Spaghetti
Organic Gluten Free Brown Rice Fusli Pasta
Rice Pasta, Shells

Personal Care**Derma E**

Psorzema Creme
Very Clear Moisturizer
Vitamin E Severely Dry Skin Creme
Tea Tree and E Antiseptic Creme
Skin Lighten Natural Fade and Age Spot Creme
Vitamin E Skin Oil 14,000 I.U.
Scar Gel

Soups**Amy's Kitchen**

Organic Mushroom Bisque with Porcini
Organic Split Pea Soup
Organic French Country Vegetable Soup
Split Pea Soup Low Sodium
Lentil Vegetable Soup
Organic Lentil Soup Low Sodium
Organic Medium Chili with Vegetables
Organic Lentil Soup
Tomato Bisque Soup Low Sodium
Organic Cream of Tomato Soup
Vegetable Lentil Soup Low Sodium
Organic Tuscan Bean and Rice Soup
Fire Roasted Vegetable Soup
Black Bean Vegetable Soup
Chunky Vegetable Soup
Organic Quinoa, Kale & Red Lentil Soup, Canada, 12Pk
Organic Tomato Bisque Soup

Edward & Sons**Edward & Sons (Cont'd)**

Miso-Cup, Organic Japanese Restaurant Style
Miso-Cup, Organic Traditional with Tofu

Namaste

Chicken Noodle Soup
Heartu Vegetable Soup
Broccoli and Cheddar Soup

Specialty Foods**Amy's Kitchen**

Black Bean Vegetable Soup

Jeff Nathan Creations

Gluten Free Panko Crumbs

Kedem Gourmet

Gefilte Fish Gluten Free

Spices and Seasonings**Jeff Nathan Creations**

Gluten Free Panko Crumbs