

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Encinitas Store, Southern Pacific 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 Lotion

Baked Goods

WFM Gluten Free Bakehouse

Cornbread

Apple Cinnamon Muffin - 2pk

Pumpkin Pie

Pecan Pie

Stuffing Cubes

Cherry Pie

Apple Pie

Baking Needs

Bob's Red Mill

Sweet White Sorghum Flour

Corn Starch

Organic T.S.P.

Cherrybrook Kitchen

Ready to Spread Vanilla Frosting

Edward & Sons

GF Vegan Cornstarch

Organic Tapioca Starch

Hain

Baking Powder

Let's Do... Organic

Organic Tapioca Granules

Beverages

The Republic of Tea

Hot Apple Cider Tea Bags

Pumpkin Spice Black Tea

Biodynamic Holiday Chai

Bread

Canyon Bakehouse

Hamburger Bun

Udi's Gluten Free Foods

Classic French Rolls

WFM Gluten Free Bakehouse

Cornbread

Candy and Chocolate

Enjoy Life

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

GoOrganic/GoNaturally

Honey

Pomegranate

Harrison's Original Sweet Shoppe

Harrison's Fruit Slices (Kosher for Passover)

Surf Sweets

Organic Fruity Hearts Tarts

Sweet Heart Lollypop

Cheese

GO Veggie! Lactose Free

American Rice Slices 7.3 oz.

Coffee and Tea

Bob's Red Mill

Corn Starch

Celestial Seasonings

Candy Cane Lane

The Republic of Tea

Hot Apple Cider Tea Bags

Pumpkin Spice Black Tea

Biodynamic Holiday Chai

Third Street Chai

Organic slightly sweet black tea

Organic peach black tea

Third Street Chai (Cont'd)

Organic unsweetened green tea
Organic green mint and honey tea
Organic unsweetened black tea

Condiments

Sky Valley

Taco Sauce
Sweet Chilli Sauce

Cookies and Snack Bars

Andean Dream

Coffe Quinoa Cookies
Coconut Cookies

Dr. Lucy's

Cinnamon Thin Cookie

ELEMENT Snacks

Sweet Vanilla Orange Rice Cakes

Enjoy Life

Crunchy Vanilla Honey Graham Cookies

Epic Bar

Berry Blossom Beef Jerky Bar

MI-DEL

ROYAL VANILLA SANDWICH COOKIES

Mi-Del

Chocolate Sandwich Cookies
Chocolate Chip Cookies

NuGo Free

Dark Chocolate Crunch Bar

Schär

Ladyfingers

ThinkThin

Lean Protein Fiber Cinna Bun White Chocolate Bar

Cosmetics

Mineral Fusion

Blush - PALE
Sheer Tint Foundation Olive
Lip Pencil - Elegant
Setting Powder
Lip Pencil - Splendid

Crackers

Crunchmaster

Multi Grain White Cheddar Gluten Free Crackers

Dairy

truwhip

whipped topping
lite whipped topping

Dairy Alternatives

GO Veggie! Lactose Free

American Rice Slices 7.3 oz.

Entrees and Mixes

Bob's Red Mill

Organic T.S.P.

Road's End Organics

Organic Golden Gravy Mix
Organic Shiitake Mushroom Gravy Mix

Ethnic Foods

Spicely

Galangal
Chili Con Carne Salt Free
Organic Salt Free Fajita Seasoning
Organic Salt Free Mediterranean Seasoning
Organic Salt Free Jerk Seasoning
Sumac
Wasabi Powder
Salt Free Seasoning
Organic Hot Curry Powder
Organic Shawarma Seasoning
Organic Ras El Hanout
Salt Free Vindaloo Seasoning
Organic Salt Free Sambal Ulek
Organic Chinese Five Spice
Organic Mexican Seasoning

Streit's

GF Matzo Ball & Soup Mix

Grains and Rice

Bob's Red Mill

Rice Bran

Hand & Body Lotions

365 Everyday Value®

Maximum Moisture Lotion Sugar Plum
Maximum Moisture Lotion Peppermint Vanilla

Hand & Body Washes

365 Everyday Value®

Bubble Bath Very Berry
Bubble Bath Sweet Apple

Meat Alternatives

Bob's Red Mill

Organic T.S.P.

Nutritional Supplements

Country Life

Coenzyme B Complex 30ct
Papaya Chewable 25mg 200ct

MegaFood

Ultra C 400

Megafood

Thyroid Strength
Men Over 40 One Daily

Rainbow Light

Candida Cleanse 60
Pain - Eze 30
Active Senior Multivitamin 90

Nuts/Seeds/Dried Fruits

Imlak'esh Organics

Organic Macambo Seeds

Made In Nature

Dried Apples
Cranberries

NuGo Free

Dark Chocolate Crunch Bar

Spicely

Organic Black Sesame Seed
Organic Schichimi Toghrashi Seasoning

Pasta**Gefen**

Gluten Free Wide Noodles
Gluten Free Thin Noodles

Pasta Sauce**Yellow Barn**

Roasted Eggplant Sauce

Sauces/Salsas/Dips**King's Cupboard**

Cream Caramel Sauce

Road's End Organics

Organic Golden Gravy Mix
Organic Shiitake Mushroom Gravy Mix

Sauce Goddess

tangy steak sauce

The Rib Doctor

Honey Classic BBQ

Yellow Barn

Roasted Eggplant Sauce

Specialty Foods**WFM Gluten Free Bakehouse**

Stuffing Cubes

Spices and Seasonings**Bob's Red Mill**

Corn Starch

Spicely

Safflower
Organic Whole All Spice
Organic Whole Anise
Salt Free Vindaloo Seasoning
Organic Salt Free Fajita Seasoning
Celery Salt
New Mexico Ground Chili
Organic Baharat Advieh
Organic Chinese Five Spice
Organic Curry Leaves
Organic Ground White Pepper
Organic Herbs de Provence
Ground Annatto
Organic Apple Pie Spice
Organic Tellicherry Peppercorn
Sumac
Organic Salt Free Meatloaf Seasoning
Seasoning Rib Eye Steak

Spicely (Cont'd)

Cumin Whole
Galangal
Organic Crushed Chili Pepper
Organic Ras El Hanout
Organic Ground Cardamom
Organic Green Cardamom
Spearment
Seasoning Italian OG
Organic Smoked Paprika
Organic Shawarma Seasoning
Organic Salt Free Mediterranean Seasoning
Organic Decorticated Cardamom
Organic Dukka Seasoning
Organic Paprika
Organic Mediterranean Oregano
Organic Ground California Chili
Organic Whole Cloves
Organic Southwest Seasoning
Organic Ground Chipotle
Organic Salt Free Sambal Ulek
Nigella Charnushka Seed
Organic Salt Free Pasta & Spaghetti Seasoning
Orange Peel
Lemon Peel
Organic Salt Free Fish Grill and Broil Seasoning
Horseradish Powder
Organic Rubbed Sage
Organic Ground Sage
Organic Whole Cumin Seeds
Organic Thyme
Organic Ground Cumin
Organic Salt Free Jerk Seasoning
Organic Chervil
Organic Ground Coriander
Organic Cayenne Pepper
Organic Ground Ancho Chili
Gumbo File
Lemon Pepper
Organic Bouquet Garni
Organic Moroccan Chermoula
Organic Fennel Seed
Organic Salt Free Poultry Seasoning
Organic Fenugreek Seeds
Flaxseed
Szechuan Peppercorn
Salt Free Vegetable Seasoning
Organic Black Sesame Seed
Organic Black Peppercorns
Ground Mace
Organic Salt Free Lamb Seasoning
Organic Schichimi Toghrashi Seasoning
Savory Leaves

Spicely (Cont'd)

Organic Fines Herbes
Organic Pumpkin Pie Spice
Organic Blackened Seasoning
Organic Tikka Masala Seasoning
Organic Juniper Berries
Organic Parsley
Organic White Peppercorn
Organic Asafoetida Powder
Cream of Tartar
Arrowroot
Organic Ground Cloves
Organic Salt Free Pork Chop Seasoning
Wasabi Powder
Organic Black Mustard Seed
Organic Chives
Organic Garlic Pepper
Ground Rosemary
Organic Dill Weed
Organic Birds Eye Chile
Organic Lavender
Organic Coriander Seeds
Ground Amarillo Aji
Organic Black Peppercorn
Organic Salt Free Shrimp/Crab Boil
Organic Mulling Spice Blend
Organic Dill Seed
Peppercorn Green
Garlic Minced
Lemon Grass
Tsatsiki- Greek Yogurt Seasoning
Organic Caraway Seeds
Chili Con Carne Salt Free
Organic Hot Curry Powder
Ground Celery
Organic Achiote Seasoning
Organic Ethiopian Berbere Seasoning
Organic Ground Fennel
Organic Ground Allspice
Organic Ground Nutmeg
Organic Whole Sage
Organic Cinnamon Sticks
Organic Ground Mustard
Organic Mexican Seasoning
Organic Whole Marjoram
Annatto Seed
Garlic Herb
Organic Ground Ginger
Organic Whole Anise Star
Garlic Toasted
Peppercorn Pink
Chili Jalapeno Ground
Salt Free Seasoning

Spicely (Cont'd)

Organic Pickling Spice
Peppermint
Organic Celery Seed
Organic Black Chia Seeds
Organic Yellow Mustard Seeds
Organic Tarragon