

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Oakville Store, Midwest 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
- Baby Foaming Wash
- Baby Shampoo

Hugo Naturals

- Shea Butter Diaper Cream
- Vanilla & Chamomile Baby Oil

Baked Goods

Ethel's Edibles

- Hot Blondie Bar
- Brownie

Kinnikinnick

- Vanilla Glazed Donuts
- Maple Glazed Donuts
- Cinnamon Sugar Donuts
- Chocolate Dipped Donuts

Udi's Gluten Free Foods

- Lemon Streusel Muffins
- Double Chocolate Muffins
- Blueberry Muffins
- Three Cheese Pizza

WFM Gluten Free Bakehouse

- Sandwich Bread
- Prairie Bread

Baking Needs

Edward & Sons

- GF Vegan Cornstarch

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips
- Mega Chunks

Kinnikinnick

- Graham Style Crumbs

Pamela's Products

- Pancake and Baking Mix

Bar Soap

Hugo Naturals

- Shea Butter & Chamomile Bar Soap

Bath Salts/Sugars/Scrubs

Hugo Naturals

- Guaiacwood & Bergamot Fizzy Bath Bomb
- Rose & Sandalwood Fizzy Bath Bomb
- Grapefruit & Orange Fizzy Bath Bomb
- Lavender & Vanilla Fizzy Bath Bomb
- Eucalyptus, Rosemary & Mint Fizzy Bath Bomb

Bread

Canyon Bakehouse

- Hamburger Bun
- Cinnamon Raisin Bread
- Caraway Bread
- 7-Grain Bread
- Mountain White Bread
- Rosemary Thyme Focaccia
- Hot Dog buns 6pack

Food for Life

- Gluten Free Brown Rice English Muffins
- Gluten Free Brown Rice Bread
- Gluten Free Rice Almond Bread
- Gluten Free Brown Rice Bread
- Gluten Free Whole Grain Brown Rice Tortillas
- Gluten Free Multi Seed English Muffins
- Gluten Free Raisin Pecan Bread

Glutino

- English Muffins

Udi's Gluten Free Foods

Millet-Chia Bread
Whole Grain Bread
French Baguettes
Whole Grain Hamburger Buns
Classic Hamburger Buns
Cinnamon Raisin Bread
Classic French Rolls
Classic Hot Dog Buns

WFM Gluten Free Bakehouse

Prairie Bread
Sandwich Bread
Light White Sandwich Bread

Breakfast Foods

Glutenfreeda

Apple Cinnamon Flax Instant Oatmeal 6 Ct
Instant Oatmeal 6 Ct
Instant Oatmeal Variety Pack

Candy and Chocolate

Endangered Species Chocolate

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

Go Max Go

Cleo's Peanut Butter Cups
Mahalo Candy Bar
SNAP! Candy Bar
Buccaneer Candy Bar
Twilight Candy Bar

GoOrganic/GoNaturally

Ginger
Pomegranate
Honey Lemon
Cherry
Blood Orange

Surf Sweets

Organic Fruity Hearts Tarts

The Ginger People

Gin Gins Boost Travel Pack

Canned Goods

Amy's Kitchen

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

Native Forest

Whole Artichoke Hearts

Native Forest (Cont'd)

Artichoke Heart Quarters
Organic Pineapple Slices
Organic Hearts of Palm

Canned/Jarred Goods

Native Forest

Artichoke Heart Quarters
Whole Artichoke Hearts

Cereal

EnviroKidz

Organic Koala Crisp Cereal

Envirokidz

Organic Peanut Butter Panda Puff Cereal
Organic Gorilla Munch Cereal

Glutenfreeda

Instant Oatmeal 6 Ct
Instant Oatmeal Variety Pack
Apple Cinnamon Flax Instant Oatmeal 6 Ct

Nature's Path

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

Chips/Pretzels/Snacks

Edward & Sons

Tamari Seaweed Brown Rice Snaps
Tamari Sesame Brown Rice Snaps

Enjoy Life

Lentil Chips - Parmesan Garlic (Plentils)

Enjoy Life Foods

Plentils Margherita Pizza
Plentils Light Sea Salt
Plentils Garlic & Parmesan

Late July

Mild Green Mojo Chips
Dude Ranch Multigrain Snack Chips
Summertime Blues Tortilla Chips
Sea Salt Tortilla Chips
Chia and Quinoa Tortilla Chips
Organic Red Hot Mojo Tortilla Chips
Organic Sub Lime Tortilla Chips

ShaSha

Organic Buckwheat Pineapple Coco Nib Snack
Organic Buckwheat Blueberry Apple Snack

Coffee and Tea

Celestial Seasonings

Sleepytime Herbal Tea
Bengal Spice
Sleepy Time

Condiments

Cucina Antica

Organic Tomato Ketchup

Eden

Organic Tamari Soy Sauce Naturally Brewed, Domestic

Organic Tamari Soy Sauce Naturally Brewed, Domestic

ShaSha

Organic Buckwheat Pineapple Coco Nib Snack

The Wizard's Sauce

Organic Wheat-Free Vegan Worcestershire

Cookies and Snack Bars

Enjoy Life

Chocolate Chip Cookies

Crunchy Sugar Crisp Cookies

Crunchy Vanilla Honey Graham Cookies

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Double Chocolate Crunchy Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

Envirokidz

Organic Crispy Rice Peanut Butter Bar

GoMacro, Inc

Macrobar Granola W/ Coconut

Macrobar Chocolate Protein

Macrobar Peanut Protein

Macrobar Cashew Caramel

Macrobar Cashew Butter

Macrobar Cherries N' Berries

Macrobar Banana Almond

Macrobar Almond Butter + Carob

Macrobar Peanut Butter Chocolate Chip

Kinnikinnick

S'moreables Graham Style Crackers

ShaSha

Ginger & Cinnamon Buckwheat Snack

Cocoa & Vanilla Buckwheat Snack

Cosmetics

Derma E

Evenly Radiant Makeup Remover

Gabriel Cosmetics

Lipstick -Coral

Gabriel Cosmetics Inc.

Mascara-Black Brown

Lipliner -wine

Lipstick - Matte Spice

Lipstick - Raisin

Lipstick - Salmon

Lipstick - Aurora

Lipstick - Seashell

Lipstick - Walnut

Gabriel Cosmetics Inc. (Cont'd)

Mascara-Black

Lipstick - Rosewood

Lipstick - Santa Fe

Lipstick - Taupe

Lipstick - Mauve

Lipstick - Wild Orchid

Lipstick - Sheer Pink

Lipstick - Sheer Rose

Lipstick - Clay

Lipstick - Nude

Lip Gloss Treatment - Ambrosia

Lipstick - Copper Glaze

Lipstick - Velour

Lipstick - Pomegranate

Lip Gloss Treatment - Nectar

Lipliner - Berry

Lipstick - Matte Cerise

Lip Gloss Treatment - Diva

Gabriel Cosmetics, Inc.

Concealer - Light

Concealer - Medium

Gabriel Makeup

Eye Shadow-charcoal

Eye Shadow-dove

Blush - Rose

Eye Shadow-bone

Blush - Petal

Dual Powder Foundation-Light Beige

Dual Powder Foundation-Med Beige

Blush - Apricot

Eye Shadow-aubergine

Mineral Fusion

Eye Shadow Trio - STUNNING

Lengthening Mascara Rock

Brush Kabuki

Lipstick - Intensity

Eye Pencil Touch

Lengthening Mascara Graphite

Eye Shadow Trio - SULTRY

Concealer Duo - Warm

Concealer Duo - Neutral

Eye Pencil - Azure

Lipstick - Inspire

Setting Powder

Pressed Powder Foundation - WARM 2

Pressed Powder Foundation - COOL 2

Eye Shadow Trio - ESPRESSO GOLD

Pressed Powder Foundation - OLIVE 3

Sheer Tint Foundation Warm

Bronzer - Sparkle

Liquid Lip Gloss - Heat

Eye Pencil - Volcanic

Mineral Fusion (Cont'd)

Pressed Powder Foundation - WARM 3
Blush Airy
Brush Blender
Lip Stick Alluring
Pressed Powder Foundation - WARM 1
Pressed Powder Foundation - OLIVE 1
Radiance Illuminating Powder
Pressed Powder Foundation - OLIVE 2
Eye Pencil - Rough
Eye Pencil - Coal
Concealer Duo - Cool
Blush - CREATION

Zuzu Luxe

Lip Gloss Treatment - Mischief
Blush-Sunset
Dual Powder Foundation - d-14
Eyeshadow-egyptian gold
Oil-Free Liquid Foundation SPF 18 - L11
The Mascara Onyx
Dual Powder Foundation - d-7
Lipstick - Beso Beso
Lip Gloss Treatment - Dolce Vita
Eyeshadow-eternity
Lip Gloss Treatment - Cosmopolitan
Lipstick - Starlet
Lipstick - Allure
Mascara - Espresso
Lipstick - Ultra Violet
Lipstick - Galaxy
Lipstick - Truth or Dare
Lipstick - Dollhouse Pink
Dual Powder Foundation - d-28
Concealer - C-7
Eyeshadow-absinthe
Eyeshadow-ice princess
Lipstick - Ultra Suede
Blush-Samba
Dual Powder Foundation - d-4
Blush-Haze

Crackers**Crunchmaster**

Roasted Garlic Crackers GF
Original Gluten Free Crackers

Edward & Sons

Tamari Seaweed Brown Rice Snaps
Unsalted Sesame Brown Rice Snaps
Tamari Sesame Brown Rice Snaps
Onion Garlic Brown Rice Snaps

Gabriel Cosmetics

Lipstick -Coral

Mary's Gone Crackers

Original Crackers

Mary's Gone Crackers (Cont'd)

Herb Crackers
Black Pepper Crackers

Dairy Alternatives**Blue Diamond**

Almond Breeze Chocolate
Almond Breeze Vanilla
Almond Breeze Original

Ener-G Foods

Egg Replacer

Energy and Nutrition Bars/Drinks**GoMacro**

Organic Morning Harvest Macrobar

GoMacro, Inc

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

KeVita

Strawberry Acai Coconut Sparkling Probiotic Drink
Lemon Ginger Sparkling Probiotic Drink

Entrees and Mixes**Road's End Organics**

Dairy Free Cheddar Style Penne & Chreese

TastyBite

Punjab Eggplant
Bombay Potatoes
Bengal Lentils
Chana Masala

Ethnic Foods**Amy's Kitchen**

Gluten Free Chinese Noodles & Veggies,CAN,12Pk
Thai Green Curry,CAN,12Pk

Edward & Sons

Tamari Sesame Brown Rice Snaps
Tamari Seaweed Brown Rice Snaps
Miso-Cup, Organic Traditional with Tofu
Miso-Cup, Original Golden Vegetable
Miso-Cup, Organic Reduced Sodium

Food for Life

Gluten Free Whole Grain Brown Rice Tortillas

TastyBite

Bengal Lentils
Punjab Eggplant
Chana Masala
Bombay Potatoes

Facial Care Products

Derma E

Evenly Radiant Dark Circle Eye Creme
Hydrating Cleanser with Hyaluronic Acid
Very Clear Scrub Anti-Blemish Complex
Hydrating Eye Creme with Hyaluronic Acid and Pycnogenol
Hydrating Day Creme with Hyaluronic Acid
Microdermabrasion Scrub
Very Clear Cleanser Anti-Blemish Complex
Vitamin E Severely Dry Skin Creme
Refining Vitamin A and Glycolic Cleanser
Age-Defying Day Creme with Astaxanthin and Pycnogenol
Evenly Radiant Cleanser
Evenly Radiant Day Creme SPF 15
Hydrating Mist with Hyaluronic Acid
Deep Wrinkle Reverse Serum with Peptides Plus
Refining Vitamin A Creme
Refining Vitamin A and Green Tea Moisturizer
Evenly Radiant Makeup Remover
Evenly Radiant Serum
Very Clear Spot Treatment With Anti-Blemish Complex
Soothing Moisturizing Creme With anti-aging Pycnogenol
Age-Defying Eye Creme with Astaxanthin and Pycnogenol
Age-Defying Night Creme with Astaxanthin and Pycnogenol
Refining Vitamin A and Glycolic Scrub
Hydrating Night Creme with Hyaluronic Acid
Evenly Radiant Overnight Peel

Frozen Foods

Amy's Kitchen

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

Glutenfreeda

Shredded Beef Burrito

Glutenfreeda (Cont'd)

Three Cheese Pizza Wrap
Italian Sausage Pizza Wrap
Vegetarian Bean & Cheese Burrito
Chicken & Cheese Burrito
Vegetarian Dairy Free Burrito
Pesto Chicken Pizza Wrap
Beef & Potato Burrito

Ian's Natural Foods

Fish Stick Family Pack- Wheat Free Gluten Free
Fish Sticks, Allergen Free
Savory Stuffing

Kinnikinnick

Chocolate Dipped Donuts
Vanilla Glazed Donuts
Cinnamon Sugar Donuts
Maple Glazed Donuts

Udi's Gluten Free Foods

Margherita Pizza
Pepperoni Pizza

Grains and Rice

Enjoy Life

Chocolate Chip Cookies

Lotus Foods

Organic Volcano Rice Blend 15 oz.
Organic Brown Mekong Flower Rice 15 oz.
Forbidden Rice 15 oz.
Bhutan Red Rice 15 oz.
Organic Madagascar Pink Rice 15 oz.

Lundberg Family Farms

Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb

TastyBite

Basmati Rice
Bombay Potatoes
Chana Masala
Bengal Lentils
Brown Rice

Hair Care Products

365 Everyday Value®

Shampoo Herbal Mint
Shampoo Citrus Grapefruit
Conditioner Citrus Grapefruit
Shampoo Citrus Grapefruit
Shampoo Lavender
Lavender Body Lotion
Conditioner Fragrance Free
Shampoo Fragrance Free
Conditioner Lavender
Conditioner Herbal Mint
Conditioner Citrus Grapefruit
Conditioner Herbal Mint
Conditioner Fragrance Free
Shampoo Lavender

365 Everyday Value® (Cont'd)

Lavender Body Lotion
Lavender Shower Gel
Shampoo Herbal Mint
Lavender Shower Gel
Conditioner Lavender
Shampoo Fragrance Free

Hand & Body Lotions

365 Everyday Value®

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

Hugo Naturals

Shea Butter Diaper Cream
Shea Butter & Chamomile Oh-So-Soft Lotion

Hand & Body Washes

365 Everyday Value®

Citrus Grapefruit Shower Gel
Fragrance Free Shower Gel
Herbal Mint Shower Gel
Citrus Grapefruit Shower Gel
Fragrance Free Shower Gel
Herbal Mint Shower Gel

Hugo Naturals

Shea Butter & Chamomile Shampoo & Baby Wash
Shea Butter & Chamomile Foaming Milk Bath

Lip Balms

Badger

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

Meat Alternatives

Amy's Kitchen

Sonoma Veggie Burger CAN, 12pk

Nutritional Supplements

Cucina Antica

Organic Tomato Ketchup

Nuts/Seeds/Dried Fruits

Made In Nature

Organic Raisins
Organic Dried Apricots
Dried Mango Pieces
Dried Apples
Calimyrna Dried Figs
Prunes
Mission Dried Figs

ShaSha

Organic Buckwheat Blueberry Apple Snack

Oils - Essential/Massage/Aromatic

Hugo Naturals

Vanilla & Chamomile Baby Oil

Ointments/Salves/Gels/Antiseptics

Badger

Organic Balm for Hardworking Hands
Organic Peppermint and Tea Tree Foot Balm
Baby Balm
Glass Bottle Baby Oil

Pasta

Miracle Noodle

Miracle Garlic Herb Fettuccini
Miracle Noodle Fettuccini

RP's Pasta Fresh Pasta

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

Personal Care

Derma E

Scar Gel
Very Clear Moisturizer
Vitamin E Severely Dry Skin Creme
Psorzema Creme

Sauces/Salsas/Dips

Eden

Organic Tamari Soy Sauce Naturally Brewed, Domestic
Organic Tamari Soy Sauce Naturally Brewed, Domestic

Soups

Amy's Kitchen

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

Edward & Sons

Miso-Cup, Original Golden Vegetable
Miso-Cup, Organic Traditional with Tofu

Edward & Sons (Cont'd)

Miso-Cup, Organic Reduced Sodium

Frontier Soups

Hearty Meal Indiana Harvest Sausage & Lentil

Hearty Meal Texas Wrangler Black bean Soup

Hearty Meal California Gold Rush White Bean Chili

Hearty Meal Illinois Prairie Corn Chowder

Hearty Meal Minnesota Heartland 11 Bean

Hearty Meal Nebraska Barnraising Split Pea Soup

Specialty Foods**Amy's Kitchen**

Black Bean Vegetable Soup