

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Vancouver 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 Lotion
- Baby Shampoo
- Baby Foaming Wash

#### Hugo Naturals

- Vanilla & Chamomile Baby Oil

### Baked Goods

#### Flax 4 Life

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

#### Udi's Gluten Free Foods

- Three Cheese Pizza

#### Wendel's True Foods

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

#### Wise Bites

- Quinoa Chocolate Chip Bar

#### Wise Bites (Cont'd)

- Chocolate Chip Quinoa Muffins
- Quinoa Triple Fudge Bar
- Quinoa Triple Ginger Bar
- Chocolate Chip Quinoa Muffins
- Cranberry Orange Quinoa Muffins
- Blueberry Lemon Quinoa Muffins

### Baking Needs

#### Enjoy Life Foods

- Mini Chips

#### Let's Do... Organic

- Organic Tapioca Granules
- Organic Creamed Coconut
- Confetti Sprinkelz

#### Namaste Foods

- Bread Mix

#### Pamela's Products

- Baking & Pancake
- Chocolate Brownie
- Vanilla Frosting Mix
- Classic Vanilla Cake Mix
- Gluten and Wheat Free Chocolate Chunk Cookie Mix
- Pancake and Baking Mix
- Dark Chocolate Frosting Mix

### Bar Soap

#### Hugo Naturals

- French Lavender Bar Soap
- Unscented Bar Soap

### Bath Salts/Sugars/Scrubs

#### Hugo Naturals

- French Lavender Dead Sea Salt Body Scrub
- Vanilla & Sweet Orange Effervescent Bath Salts
- French Lavender Effervescent Bath Salts

**Hugo Naturals (Cont'd)**

Mango & Guava Effervescent Bath Salts  
Brown Sugar & Kumquat Body Polish  
Grapefruit Himalayan Pink Salt Body Scrub

**Beverages****Kedem**

100% Organic Grape Juice

**Kedem Foods**

Organic Biodynamic Grape Juice  
Organic Grape Juice Single Serve

**Bread****Canyon Bakehouse**

7-Grain Bread  
Caraway Bread  
Hamburger Bun

**Food for Life**

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

**Glutenull Bakery**

Brown Rice Bread  
Amaranth Bread  
Quinoa Bread  
Buckwheat Bread

**Glutino**

English Muffins

**Namaste Foods**

Bread Mix

**Udi's Gluten Free Foods**

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

**Breakfast Foods****Glutenull Bakery**

Sprouted Granola - Oat Free

**Candy and Chocolate****Edward & Sons**

Waffle Ice Cream Cones

**Endangered Species Chocolate**

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

**Glee****Glee (Cont'd)**

Wheving Triple Berry Gum  
Peppermint Gum  
Bubblegum 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  
Refried Black Beans  
Organic Spicy Chili  
Organic Medium Chili  
Organic Vegetarian Baked Beans

**Native Forest**

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**

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

**Nature's Path**

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

**Chips/Pretzels/Snacks****Beanfields**

Bean and Rice Chips, Sea Salt

**Edward & Sons**

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

**Late July**

Sea Salt Tortilla Chips  
Mild Green Mojo Chips  
Organic Sub Lime Tortilla Chips  
Nacho Chipotle Tortilla Chips

**Pirate Brands**

Aged White Cheddar Pirate's Booty  
Aged White Cheddar Pirate's Booty6PK

**Rhythm Superfoods**

Organic Smokey Bacon Kale Chips

**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 Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

**Envirokidz**

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

**Glicks**

Almond Macaroons

**Glutenull Bakery**

Buckwheat Granola Bars  
Coco Moko Cookies

**Glutino**

Chocolate Coated Chocolate Wafers

**GoMacro, Inc**

Macrobar Cashew Caramel  
Macrobar Banana Almond  
Macrobar Chocolate Protein  
Macrobar Almond Butter + Carob  
Macrobar Peanut Protein  
Macrobar Cashew Butter  
Macrobar Peanut Butter Chocolate Chip

**Jovial**

Fig Fruit Filled Cookies  
Chocolate Cream Filled Chocolate Cookies

**Kinnikinnick**

S'moreables Graham Style Crackers  
KinniTOOS Chocolate Sandwich Creme Cookies

**NuGo Dark**

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

**NuGo Slim**

Chocolate Raspberry Truffle Bar  
Roasted Peanut Bar  
Dark Brownie Crunch Bar

**Pamela's Products**

Mini Ginger Snapz

**Wendel's True Foods**

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

**Zing Nutrition Bars**

Dark Chocolate Hazelnut Bar

**Cosmetics****Derma E**

Evenly Radiant Makeup Remover

**Gabriel Cosmetics Inc.**

Mascara-Black Brown  
Lipstick - Copper Glaze  
Lipstick - Pomegranate  
Lipstick - Santa Fe  
Lip Gloss Treatment - Ambrosia  
Lipstick - Tea Rose  
Lipstick - Velour  
Lipstick - Aurora  
Lipliner - Berry  
Lipstick - Clay  
Lipstick - Dune  
Lipstick - Mauve  
Lipstick - Rosewood  
Lipstick - Taupe  
Lip Gloss Treatment - Nectar  
Mascara-Black

**Gabriel Cosmetics, Inc.**

Concealer - Medium

**Gabriel Makeup**

Blush - Petal  
Blush - Rose  
Dual Powder Foundation-Extra Light Beige  
Eye Shadow-chocolate brown  
Eye Shadow-sable  
Dual Powder Foundation-Light Beige  
Dual Powder Foundation-Tan Beige  
Eye Shadow-bone

**Mineral Fusion**

Face Primer  
Brush Eye Liner/Brow  
Eye Shadow Trio - STUNNING  
Eye Pencil - Coal  
Blush - FLASHY

## **Mineral Fusion (Cont'd)**

Pressed Powder Foundation - WARM 2  
Eye Pencil - Volcanic  
Lip Gloss - Captivate  
Lipstick - Inspire  
Brush Camouflage  
Lengthening Mascara Graphite  
Blush - CREATION  
Pressed Powder Foundation - WARM 3  
Pressed Powder Foundation - WARM 1  
Hydration Mist  
Concealer Duo - Warm  
Lip Stick Gem  
Brush Cleaner  
Pressed Powder Foundation - NEUTRAL 1  
Lip Stick Flashy  
Brush Eye Contour  
Concealer Duo - Neutral  
Concealer Duo - Cool  
Eye Pencil Touch  
Lengthening Mascara Rock  
Brush Blush  
Bronzer - Luster

## **ZuZu Luxe**

Concealer C-20  
Concealer C-30

## **Zuzu Luxe**

Concealer - C-7  
Dual Powder Foundation - d-14  
Lipstick - Starlet  
Oil-Free Liquid Foundation SPF 18 - L11  
Lipstick - Truth or Dare  
Lipstick - Ultra Violet  
Lipstick - Golden Bronze  
Dual Powder Foundation - d-28  
Lipstick - Dollhouse Pink  
Lipstick - Icon  
Eyeshadow-angel  
Lipstick - Allure  
Dual Powder Foundation - d-17  
Eyeshadow-eternity  
Blush-Nymph  
Lipstick - Beso Beso

## **Crackers**

### **Edward & Sons**

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

### **Mary's Gone Crackers**

## **Mary's Gone Crackers (Cont'd)**

Original Crackers  
Herb Crackers  
Caraway Crackers  
Black Pepper Crackers  
Onion Crackers

## **Yehuda**

Matzo Style Onion Squares  
Matzo Style Squares

## **Dairy Alternatives**

### **Blue Diamond**

Almond Breeze Original  
Almond Breeze Chocolate  
Almond Breeze Vanilla

## **Deodorant**

### **Hugo Naturals**

Sea Fennel & Passionflower Deodorant  
Unscented Deodorant

## **Desserts**

### **Edward & Sons**

Waffle Ice Cream Cones

### **Wendel's True Foods**

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

## **Energy and Nutrition Bars/Drinks**

### **GoMacro, Inc**

Macrobar Cashew Caramel  
Macrobar Peanut Butter Chocolate Chip  
Macrobar Peanut Protein  
Macrobar Almond Butter + Carob  
Macrobar Chocolate Protein  
Macrobar Banana Almond  
Macrobar Cashew Butter

### **KeVita**

Strawberry Acai Coconut Sparkling Probiotic Drink

### **Zing**

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

### **Zing Nutrition Bars**

Dark Chocolate Hazelnut Bar

## **Entrees and Mixes**

### **Namaste Foods**

Bread Mix

### **Pamela's Products**

Gluten and Wheat Free Chocolate Chunk Cookie Mix

### **TastyBite**

**TastyBite (Cont'd)**

Bombay Potatoes

**Ethnic Foods****Amy's Kitchen**

Thai Green Curry,CAN,12Pk

**Edward & Sons**

Tamari Seaweed Brown Rice Snaps

Miso-Cup, Organic Traditional with Tofu

**Food for Life**

Gluten Free Whole Grain Brown Rice Tortillas

**Kedem Gourmet**

Gefilte Fish Gluten Free

**Premier Japan**

Organic Wheat-Free Hoisin Sauce

**TastyBite**

Bombay Potatoes

**Yehuda**

Matzo Style Squares

Fiber Enriched Matzo

Matzo Style Onion Squares

**Facial Care Products****Derma E**

Very Clear Spot Treatment With Anti-Blemish Complex

Refining Vitamin A Oil

Hydrating Night Creme with Hyaluronic Acid

Firming Serum with DMAE, Alpha Lipoic and C-Ester

Deep Wrinkle Reverse Eye Creme with Peptides Plus

Very Clear Scrub Anti-Blemish Complex

Very Clear Cleanser Anti-Blemish Complex

Hydrating Eye Creme with Hyaluronic Acid and Pycnogenol

Tea Tree and E Antiseptic Creme

Vitamin E Severely Dry Skin Creme

Deep Wrinkle Reverse Moisturizer with Peptides Plus

Firming Moisturizer with DMAE, Alpha Lipoic and C-Ester

Hydrating Mask with Hyaluronic Acid

Evenly Radiant Cleanser

Evenly Radiant Day Creme SPF 15

Evenly Radiant Serum

Refining Vitamin A and Green Tea Moisturizer

Soothing Moisturizing Creme With anti-aging Pycnogenol

Deep Wrinkle Reverse Serum with Peptides Plus

Microdermabrasion Scrub

Refining Vitamin A and Glycolic Cleanser

Age-Defying Night Creme with Astaxanthin and Pycnogenol

Hydrating Day Creme with Hyaluronic Acid

Hydrating Cleanser with Hyaluronic Acid

Age-Defying Day Creme with Astaxanthin and Pycnogenol

Evenly Radiant Makeup Remover

Hydrating Mist with Hyaluronic Acid

Refining Vitamin A and Glycolic Scrub

Hydrating Serum with Hyaluronic Acid

**Derma E (Cont'd)**

Soothing Cleanser With anti-aging Pycnogenol

Evenly Radiant Dark Circle Eye Creme

Refining Vitamin A Creme

Age-Defying Eye Creme with Astaxanthin and Pycnogenol

Evenly Radiant Overnight Peel

**Fragrances & Perfumes****Hugo Naturals**

Travel Size French Lavender Essential Mist

**Frozen Foods****Amy's Kitchen**

Whole Meal Veggie Loaf

Indian Aloo Mattar Wrap

Broccoli Cheddar Bowl

Cheese Enchilada

Palak Paneer

Indian Vegetable Korma

Veggie Scramble Meal

Gluten Free Black Bean & Quinoa Burrito,CAN,12Pk

Rice Crust Cheese Pizza

Black Bean Enchilada

Vegetable Lasagne

Dairy Free Rice Macaroni n Cheese

Bean, Rice, & Cheese Burrito

Bean & Rice Burrito

Tofu Scramble Breakfast Wrap

Rice Macaroni n Cheese

Pad Thai

Indian Mattar Paneer

**Glutenfreeda**

Vegetarian Bean & Cheese Burrito

Chicken & Cheese Burrito

**Ian's Natural Foods**

Chicken Nuggets, Allergen Free

Savory Stuffing

Fish Stick Family Pack- Wheat Free Gluten Free

Fish Sticks, Allergen Free

Wheat Free Gluten Free Chicken Nuggets Family Pack

**Grains and Rice****Lotus Foods**

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®**

Conditioner Lavender

Shampoo Fragrance Free

Shampoo Citrus Grapefruit

Shampoo Herbal Mint

Shampoo Fragrance Free

### **365 Everyday Value® (Cont'd)**

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

### **Hand & Body Lotions**

#### **365 Everyday Value®**

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

#### **Hugo Naturals**

Shea Butter & Chamomile Oh-So-Soft Lotion  
Shea Butter & Oatmeal All Over Lotion  
French Lavender All Over Lotion  
Unscented All Over Lotion

### **Hand & Body Washes**

#### **365 Everyday Value®**

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

#### **Hugo Naturals**

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

### **Lip Balms**

#### **Badger**

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

### **Meat Alternatives**

#### **Amy's Kitchen**

Sonoma Veggie Burger CAN, 12pk

### **Miscellaneous Grocery**

#### **Ian's Natural Foods**

Gluten Free Original Panko Breadcrumbs

### **Nuts/Seeds/Dried Fruits**

#### **Made In Nature**

Dried Mango Pieces  
Prunes

#### **Sahale Snacks**

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

### **Oils - Essential/Massage/Aromatic**

#### **Derma E**

Vitamin E Skin Oil 14,000 I.U.

#### **Hugo Naturals**

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

### **Ointments/Salves/Gels/Antiseptics**

#### **Badger**

Glass Bottle Baby Oil  
Organic Lavender and Chamomile Night Night Balm  
Organic Lavender and Bergamot Sleep Balm  
Baby Balm  
Organic Smoothing Shea Butter Cuticle Care

### **Pasta**

#### **Gefen**

Gluten Free Thin Noodles  
Gluten Free Wide Noodles  
Gluten Free Elbow Noodles

#### **Jovial**

Brown Rice Fusilli

#### **Miracle Noodle**

Spinach Angel Hair

#### **RP's Pasta Fresh Pasta**

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

#### **Rizopia**

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

### **Personal Care**

#### **Derma E**

Tea Tree and E Antiseptic Creme  
Very Clear Moisturizer  
Vitamin E Severely Dry Skin Creme

**Derma E (Cont'd)**

Skin Lighten Natural Fade and Age Spot Creme  
Vitamin E Skin Oil 14,000 I.U.  
Scar Gel  
Psorzema Creme

**Sauces/Salsas/Dips****Premier Japan**

Organic Wheat-Free Hoisin Sauce

**Soups****Amy's Kitchen**

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

**Edward & Sons**

Miso-Cup, Organic Traditional with Tofu

**Namaste**

Heartu Vegetable Soup  
Chicken Noodle 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****Ian's Natural Foods**

Gluten Free Original Panko Breadcrumbs

**Jeff Nathan Creations**

Gluten Free Panko Crumbs

**Namaste**

Hot N Spicy Coating Mix