

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Robson 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

Hugo Naturals

Lavender & Chamomile Baby Mist

Vanilla & Chamomile Baby Oil

Baked Goods

Wendel's True Foods

Chocolate Brownie Single

Pecan Tart

Carrot Cake Single

Nanaimo Bar Single

Baking Needs

Edward & Sons

Organic Tapioca Starch

Enjoy Life Foods

Mega Chunks

Mini Chips

Let's Do... Organic

Organic Creamed Coconut

Organic Tapioca Granules

Confetti Sprinkels

Pamela's Products

Classic Vanilla Cake Mix

Dark Chocolate Frosting Mix

Vanilla Frosting Mix

Pancake and Baking Mix

Gluten and Wheat Free Chocolate Chunk Cookie Mix

Baking & Pancake

Bar Soap

Hugo Naturals

Unscented Bar Soap

Indonesian Patchouli Sandalwood Bar Soap

Hugo Naturals (Cont'd)

Vanilla Sweet Orange Bar Soap

French Lavender Bar Soap

Shea Butter & Chamomile Bar Soap

Bath Salts/Sugars/Scrubs

Hugo Naturals

Brown Sugar & Kumquat Body Polish

Mango & Guava Effervescent Bath Salts

Bread

Food for Life

Gluten Free Whole Grain Brown Rice Tortillas

Glutenull Bakery

Brown Rice Bread

Amaranth Bread

Quinoa Bread

Buckwheat Bread

Udi's Gluten Free Foods

White Sandwich Bread

Millet-Chia Bread

Plain Bagels

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 88% Cocoa (Black Panther)

Dark Chocolate (Chimpanzee)

Smooth Milk Chocolate

Dark Chocolate With Forest Mint (Rainforest)

Dark Chocolate With Raspberries (Grizzly)

Glee

- Spearmint Gum
- Peppermint Gum
- Wheving Triple Berry Gum
- Bubblegum Gum

Let's Do... Organic

- Confetti Sprinkelz

Surf Sweets

- Organic Fruity Hearts Tarts

The Ginger People

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

Canned Goods

Amy's Kitchen

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

Native Forest

- Organic Pineapple Slices
- 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 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

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

Late July

- Sea Salt Tortilla Chips
- Organic Sub Lime Tortilla Chips
- Organic Red Hot Mojo Tortilla Chips

Pirate Brands

- Aged White Cheddar Pirate's Booty

PopCorners

- PopCorners Cheddar Feel-Good

Coffee and Tea

Celestial Seasonings

- Bengal Spice
- Sleepytime Herbal Tea

Condiments

The Wizard's Sauce

- Organic Wheat-Free Vegan Worcestershire

Cookies and Snack Bars

Edward & Sons

- Waffle Ice Cream Cones

Envirokidz

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

Glutenull Bakery

- Coco Moko Cookies
- Buckwheat Granola Bars

Glutino

- Chocolate Coated Chocolate Wafers

GoMacro, Inc

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

Jovial

- Chocolate Cream Filled Chocolate Cookies
- Fig Fruit Filled Cookies

NuGo Dark

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

NuGo Slim

- Chocolate Raspberry Truffle Bar
- Roasted Peanut Bar
- Dark Brownie Crunch Bar

Wendel's True Foods

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

Wendel's True Foods (Cont'd)

GF ALMOND BUTTER COOKIES SINGLE
GF CHOCOLATE CHIP COOKIES SINGLE

Zing Nutrition Bars

Dark Chocolate Hazelnut Bar

Cosmetics**Derma E**

Evenly Radiant Makeup Remover

Gabriel Cosmetics Inc.

Lipstick - Walnut
Lipstick - Clay
Mascara-Black Brown
Lipstick - Aurora
Lipstick - Pomegranate
Lipstick - Maple Shimmer
Mascara-Black
Lip Gloss Treatment - Champagne
Lipstick - Rosewood
Lipstick - Sheer Pink
Lipstick - Mauve
Lip Gloss Treatment - Ambrosia
Lipstick - Taupe
Lipstick - Salmon

Gabriel Cosmetics, Inc.

Concealer - Light

Gabriel Makeup

Dual Powder Foundation-Light Beige
Eye Shadow-bisque
Eye Shadow-aubergine
Eye Shadow-sable
Eye Shadow-dove
Blush - Apricot

Mineral Fusion

Hydration Mist
Blush - CREATION
Pressed Powder Foundation - NEUTRAL 2
Eye Shadow Trio - ESPRESSO GOLD
Concealer Duo - Cool
Bronzer - Sparkle
Face Primer
Lengthening Mascara Graphite
Pressed Powder Foundation - OLIVE 3
Pressed Powder Foundation - OLIVE 2
Setting Powder
Eye Pencil - Rough
Sheer Tint Foundation Neutral
Sheer Tint Foundation Warm
Lip Pencil - Elegant
Eye Shadow Trio - FRAGILE
Liquid Lip Gloss - Polished
Blush - PALE
Pressed Powder Foundation - WARM 1
Concealer Duo - Neutral

Zuzu Luxe

Blush-Haze
Oil-Free Liquid Foundation SPF 18 - L11
Eyeshadow-dusk
Lip Gloss Treatment - Crystal
Eyeshadow-egyptian gold
Lipstick - Vegas
Blush-Sunset
Dual Powder Foundation - d-4
Lipstick - Galaxy
Lipstick - Chocolate Cherry

Crackers**Edward & Sons**

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

Mary's Gone Crackers

Herb Crackers
Onion Crackers
Caraway Crackers
Black Pepper Crackers
Original Crackers

Dairy Alternatives**Blue Diamond**

Almond Breeze Vanilla
Almond Breeze Chocolate
Almond Breeze Original

Desserts**Edward & Sons**

Waffle Ice Cream Cones

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

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

KeVita

Lemon Ginger Sparkling Probiotic Drink
Strawberry Acai Coconut Sparkling Probiotic Drink

Zing

Peanut Butter Chocolate Chip Bar
Dark Chocolate Peanut Butter Bar

Zing Nutrition Bars

Zing Nutrition Bars (Cont'd)
Dark Chocolate Hazelnut Bar

Entrees and Mixes

Edward & Sons
Organic Home Style Mashed Potato Mix

Pamela's Products
Gluten and Wheat Free Chocolate Chunk Cookie Mix

TastyBite
Bombay Potatoes

Ethnic Foods

Edward & Sons
Tamari Seaweed Brown Rice Snaps
Miso-Cup, Organic Traditional with Tofu

Food for Life
Gluten Free Whole Grain Brown Rice Tortillas

TastyBite
Bombay Potatoes

Facial Care Products

Derma E
Soothing Moisturizing Creme With anti-aging Pycnogenol
Very Clear Cleanser Anti-Blemish Complex
Hydrating Night Creme with Hyaluronic Acid
Firming Moisturizer with DMAE, Alpha Lipoic and C-Ester
Refining Vitamin A Oil
Very Clear Scrub Anti-Blemish Complex
Deep Wrinkle Reverse Moisturizer with Peptides Plus
Soothing Cleanser With anti-aging Pycnogenol
Hydrating Eye Creme with Hyaluronic Acid and Pycnogenol
Microdermabrasion Scrub
Deep Wrinkle Reverse Eye Creme with Peptides Plus
Vitamin E Severely Dry Skin Creme
Evenly Radiant Makeup Remover
Hydrating Cleanser with Hyaluronic Acid
Evenly Radiant Serum
Refining Vitamin A and Glycolic Scrub
Evenly Radiant Day Creme SPF 15
Hydrating Serum with Hyaluronic Acid
Age-Defying Day Creme with Astaxanthin and Pycnogenol
Refining Vitamin A Creme
Hydrating Mist with Hyaluronic Acid

Frozen Foods

Amy's Kitchen
Bean, Rice, & Cheese Burrito
Rice Crust Cheese Pizza
Gluten Free Black Bean & Quinoa Burrito,CAN,12Pk
Indian Mattar Paneer
Indian Aloo Mattar Wrap
Palak Paneer
Rice Macaroni n Cheese
Veggie Scramble Meal
Dairy Free Rice Macaroni n Cheese
Indian Vegetable Korma

Amy's Kitchen (Cont'd)
Vegetable Lasagne
Whole Meal Veggie Loaf
Broccoli Cheddar Bowl
Pad Thai
Bean & Rice Burrito
Tofu Scramble Breakfast Wrap
Cheese Enchilada
Quinoa, Black Bean, & Butternut Squash

Glutenfreeda
Three Cheese Pizza Wrap
Vegetarian Bean & Cheese Burrito
Chicken & Cheese Burrito

Ian's Natural Foods
Chicken Nuggets, Allergen Free
Fish Sticks, Allergen Free

Grains and Rice

Lundberg Family Farms
Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb

TastyBite
Brown Rice
Basmati Rice
Bombay Potatoes

Hair Care Products

365 Everyday Value®
Conditioner Lavender
Conditioner Lavender
Conditioner Fragrance Free
Conditioner Fragrance Free
Conditioner Citrus Grapefruit
Shampoo Citrus Grapefruit
Lavender Body Lotion
Shampoo Fragrance Free
Shampoo Citrus Grapefruit
Shampoo Herbal Mint
Conditioner Herbal Mint
Shampoo Herbal Mint
Lavender Shower Gel
Shampoo Fragrance Free
Lavender Body Lotion
Shampoo Lavender
Lavender Shower Gel
Conditioner Citrus Grapefruit
Shampoo Lavender

Hand & Body Lotions

365 Everyday Value®
Herbal Mint Body Lotion
Fragrance Free Body Lotion
Herbal Mint Body Lotion
Citrus Grapefruit Body Lotion

Hugo Naturals
Vanilla Sweet Orange Body Butter
Mango Body Butter

Hugo Naturals (Cont'd)

French Lavender All Over Lotion

Hand & Body Washes

365 Everyday Value®

Fragrance Free Shower Gel

Citrus Grapefruit Shower Gel

Fragrance Free Shower Gel

Citrus Grapefruit Shower Gel

Hugo Naturals

Grapefruit Shower Gel

Vanilla & Sweet Orange Shower Gel

Shea Butter & Oatmeal Shower Gel

French Lavender Shower Gel

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

Pomegranate Vanilla Cashews

Valdosta Pecan Blend

Almonds w/ Cranberries Honey & Sea Salt

Soledad Almond Blend

Oils - Essential/Massage/Aromatic

Derma E

Vitamin E Skin Oil 14,000 I.U.

Hugo Naturals

Indonesian Patchouli Sandalwood Massage Body Oil

Vanilla & Chamomile Baby Oil

Lavender & Chamomile Baby Mist

French Lavender Massage Body Oil

Ointments/Salves/Gels/Antiseptics

Badger

Night Night Balm

Organic Lavender and Bergamot Sleep Balm

Organic Lavender and Chamomile Night Night Balm

Organic Smoothing Shea Butter Cuticle Care

Pasta

RP's Pasta Fresh Pasta

Gluten Free Lasagna Sheets

Gluten Free Spinach Fettuccine

Gluten Free Fettuccine

Gluten Free Linguini

Rizopia

Spinach Rice Spaghetti

Rice Pasta, Spaghetti

Organic Gluten Free Brown Rice Fusli Pasta

Organic Gluten Free Brown Rice Spaghetti

Rice Pasta, Fusilli

Rizopia (Cont'd)

Organic Gluten Free Rice Pasta, Penne

Organic Wild Rice Spaghetti

Personal Care

Derma E

Vitamin E Severely Dry Skin Creme

Psorzema Creme

Vitamin E Skin Oil 14,000 I.U.

Very Clear Moisturizer

Scar Gel

Soups

Amy's Kitchen

Indian Golden Lentil Soup CAN, 12pk

Lentil Vegetable Soup

Organic Mushroom Bisque with Porcini

Organic French Country Vegetable Soup

Organic Cream of Tomato Soup

Black Bean Vegetable Soup

Chunky Vegetable Soup

Tomato Bisque Soup Low Sodium

Organic Tuscan Bean and Rice Soup

Organic Split Pea Soup

Organic Medium Chili with Vegetables

Organic Lentil Soup Low Sodium

Fire Roasted Vegetable Soup

Vegetable Lentil Soup Low Sodium

Split Pea Soup Low Sodium

Organic Tomato Bisque Soup

Organic Lentil Soup

Edward & Sons

Miso-Cup, Organic Traditional with Tofu

Specialty Foods

Amy's Kitchen

Black Bean Vegetable Soup