

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wynnewood Store, Mid-Atlantic 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.

Baked Goods

Ian's Natural Foods

- Garlic Kale Croutons
- Rosemary Garlic Croutons

Tate's Bake Shop

- Ginger Zinger Cookies

WFM Gluten Free Bakehouse

- Cherry Pie
- Cornbread
- Vanilla Confetti Cake

Baking Needs

Bob's Red Mill

- Organic Coconut Flour
- White Rice Flour
- Quick Cooking Oats
- 1 to1 Baking Flour GF
- Organic Golden Flaxseed Meal
- Xanthan Gum

Cherrybrook Kitchen

- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Frosting Mix

Cup4Cup

- Gluten-Free Multi-Purpose Flour

Ener-G Foods

- Egg Replacer

King Arthur

- Gluten Free Yellow cake mix

Let's Do... Organic

- Confetti Sprinkelz
- Organic Tapioca Granules
- Organic Reduced Fat Shredded Coconut

Pamela's Products

- Baking & Pancake Mix

Pamela's Products (Cont'd)

- Classic Vanilla Cake Mix
- Cornbread & Muffin Mix

Spectrum Naturals

- Organic Vegetable Shortening

Beverages

Kedem Food

- White Cooking Wine

Republic of Tea

- Hibiscus Tea
- Orange Ginger Mint Tea 36 CT
- The Peoples Green Tea Decaf 50 CT
- Emperors White Tea 50 CT
- British Breakfast Tea 50 CT
- Natural Hibiscus Tea 36CT

Stonyfield

- YoKids Low Fat Strawbana Smoothie

The Ginger People

- Ginger Soother
- Ginger Soother
- Ginger EnerGizer

The Republic of Tea

- Vanilla Almond Tea Bags
- Get Happy Herb Tea
- Blackberry Sage Tea Bags
- Blueberry Green Tea
- Ginger Peach Tea Bags
- Organic Turmeric Ginger Green Tea
- Get Probiotic
- Usda Mint Fields Herbal Full Leaf
- Acai Green Tea

Bread

Udi's Gluten Free Foods

Udi's Gluten Free Foods (Cont'd)

- Classic Hot Dog Buns
- Whole Grain Bagels

WFM Gluten Free Bakehouse

- Cornbread

Candy and Chocolate

Edward & Sons

- Waffle Ice Cream Cones

Endangered Species Chocolate

- Dark Chocolate With Cacao Nibs (Bat)
- Dark Chocolate With Raspberries (Grizzly)
- Dark Chocolate With Espresso Beans (Tiger)
- Dark Chocolate With Cranberries & Almonds (Wolf)

Enjoy Life

- Boom Choco Boom Dark Chocolate Bar

Let's Do... Organic

- Confetti Sprinkelz

Taza Chocolates

- Organic Chocolate Disc Cacao Puro
- Organic Chocolate Disc Guajillo 50%
- Organic Vanilla Chocolate Disc 50%

The Ginger People

- Spicy Apple Chewy Ginger Chews
- Original Ginger Chews
- Organic Crystallized Ginger

Canned Goods

Jovial

- Whole peeled Tomatoes

Canned/Jarred Goods

Amy's Kitchen

- Refried Beans with Green Chiles

Imagine Foods

- Organic Creamy Butternut Squash Soup

Cereal

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Arrowhead Mills

- Steel Cut Oats GF

Bob's Red Mill

- Quick Cooking Oats

Dr. McDougall's

- Organic Mega Omega Super food Hot Cereal
- Organic Chia Crunch Superfood Hot Cereal

EnviroKidz

- Koala Crisp Organic Cereal, 26 oz

Nature's Path

- Organic Honey'D Corn Flakes Cereal
- Organic Whole Grain Brown Crispy Rice Gluten-Free Cereal

Chips/Pretzels/Snacks

Alive & Radiant

- Organic Superfood Kale Crunch

Alive & Radiant Foods

- Kale Krunch "Cheezy Chipotle"

Blue Diamond

- Cheddar Cheese Nut Thins
- Pecan Nut Thins

Garden of Eatin'

- Red Hot Blues Spicy All Natural Tortilla Chips
- Chile And Lime All Natural Cantina Chips

Glutino

- Gluten free Chocolate Covered Pretzels

Late July

- Yellow Corn Tortilla Chips
- Bacon Habanero Tortilla Chips
- Dude Ranch Multigrain Snack Chips

Lundberg Family Farms

- Organic Fiesta Lime Rice Chips
- Organic Santa Fe Barbecue Rice Chips
- Wild Blend

Terra Chips

- Exotic Mediterranean Vegetable Chips
- Taro Chips
- Sea Salt Sweet Potato Chips
- Original Exotic Vegetable Chips
- BBQ Sweet Potato Crinkle Chips
- Stripes & Blues Sea Salt Chips
- Sweets and Carrot Chips

Coffee and Tea

Celestial Seasonings

- Tension Tamer
- Mint Magic
- Bengal Spice
- Country Peach Passion
- Red Zinger
- Sleepy Time
- Tangerine Orange Zinger with Vitamin C
- Sleepy Time Extra
- Black Cherry Berry

Republic of Tea

- The Peoples GreenTea Decaf 50 CT
- Hibiscus Tea
- Emperors White Tea 50 CT
- Natural Hibiscus Tea 36CT
- British Breakfast Tea 50 CT
- Orange Ginger Mint Tea 36 CT

The Republic of Tea

- Vanilla Almond Tea Bags
- Blueberry Green Tea
- Acai Green Tea
- Ginger Peach Tea Bags
- Organic Turmeric Ginger Green Tea
- Get Probiotic
- Blackberry Sage Tea Bags
- Get Happy Herb Tea

The Republic of Tea (Cont'd)

Usda Mint Fields Herbal Full Leaf

Condiments**Earth Balance**

Organic Coconut Spread

Lundberg Family Farms

Organic Santa Fe Barbecue Rice Chips

Organicville

Organic Chili Sauce

Organic Ketchup

Organic Yellow Mustard

Saffron Road

Thai Red Curry Simmer Sauce

San -J International

Szechuan Sauce

San J International

Orange Glaze and Stir Fry Sauce GF

GF Sweet & Smoky Asain BBQ Sauce

San-J

Mongolian Beef Sauce

Sky Valley

Organic Plum Sauce

Spectrum

Soy Mayo

Soy Mayo

The Ginger People

Ginger Soother

Ginger EnerGizer

Ginger Soother

Cookies and Snack Bars**Bobo's Oat Bars**

Coconut Oat Bar

Peanut Butter Oat Bar

Maple Pecan Bar

Lemon Poppyseed Bar

Dr. Lucy's

Combo Snack 'n Go

Cinnamon Thin Cookie

Edward & Sons

Waffle Ice Cream Cones

Envirokidz

Organic Crispy Rice Peanut Butter Bar

Organic Crispy Rice Chocolate Bar

Ginny Bakes

Organic Chocolate Chip Oatmeal Bliss Cookies GF

Organic Chocolate Chip Love Cookies GF

Go Raw

Chocolate Super Cookies

Ginger Snaps Super Cookies

Original Super Cookies

Lime Coconut Crisp

GoMacro, Inc

Macrobar Cashew Caramel

GoMacro, Inc (Cont'd)

Macrobar Granola W/ Coconut

Macrobar Cherries N' Berries

KIND

Roasted Jalapeno Strong Bar

Honey Mustard Strong Bars 12 CT

Hickory Smoked Strong Bars 12 CT

Caramel Macchiato 5 ct

Roasted Jalapeno Strong Bars 12 CT

Popped Salted Caramel 5 ct

Honey Smoked BBQ Strong Bars 12 CT

Hickory Smoked Strong bar

Honey Smoked BBQ Strong Bar

Honey Mustard Strong Bar

KIND Fruit & Nut

Almond Apricot with Yogurt

Fruit & Nut With Yogurt

Apple Cinnamon Pecan

Nut Delight

Peanut Butter & Strawberry

Fruit & Nut Delight

KIND Nuts & Spices

Dark Chocolate Cinnamon Pecan

Cashew Ginger Spice

KIND Plus

Blueberry Pecan + Fiber

Dark Chocolate Cherry Cashew + Antioxidants

Pomegranate Blueberry Pistachio + Antioxidants

Peanut Butter Dark Chocolate + Protein

Lucy's

Lemon Goodness Cookie Box

NuGo Slim

Dark Brownie Crunch Bar 12 count

Roasted Peanut Bar

Dark Brownie Crunch Bar

Chocolate Raspberry Truffle Bar 12 count

Pamela's Products

Simplebites Chocolate Chip Mini Cookies

Perfect Bar & Co

Organic Cranberry Crunch Lite Bar

Organic Fruit and Nut Bar

Organic Carob Chip Bar

Organiv Vegan Coconut Almond Bar

That's It

Apple and Pear Fruit Bar

Apple and Apricot Fruit Bar

ThinkThin

Lean Protein Fiber Salted Caramel Bar

Cosmetics**Gabriel Cosmetics Inc.**

Lipstick - Wild Orchid

Lipstick - Matte Spice

Mineral Fusion

Mineral Fusion (Cont'd)

Lip Stick Gem
Bronzer - Sparkle
Eye Shadow Trio - STUNNING
Eye Pencil Touch
Liquid Lip Gloss - Enlighten
Lip Pencil - Elegant
Concealer Duo - Cool
Concealer Duo - Neutral
Lip Gloss - Clarity
Lip Pencil - Splendid
Eye Shadow Trio - DENSITY
Lengthening Mascara Rock
Face Primer
Concealer Duo - Warm
Eye Pencil - Rough

Crackers

Back to Nature

Sesame Rice Crackers

Doctor In The Kitchen

Savory Flackers Flax Seed Crackers
Rosemary Flackers Flax Seed Crackers
Cinnamon & Currants Flackers Flax Seed Crackers

Dairy

365 Everyday Value®

Organic Plain Fat Free Yogurt
Organic Vanilla Fat Free Yogurt
Organic Blueberry Fat Free Yogurt
Organic Raspberry Fat Free Yogurt
Organic Plain Low Fat Yogurt
Organic Vanilla Fat Free Yogurt
Organic Vanilla Low Fat Yogurt

Brown Cow Farm

Yogurt Greek NonFat Plain

Earth Balance

Buttery Sticks
Buttery Spread with Olive Oil
Organic Whipped Buttery Spread
Original Buttery Spread

FAGE Total

Yogurt Total Greek 2 Pct Plain
Yogurt Total Greek 0 Pct Fat
Yogurt Total Greek 0 Pct
Yogurt Total 2 Pct
Yogurt Total 0 Pct

Lifeway

Lowfat Madagascar Vanilla Kefir

Lifeway Foods

Lowfat Blueberry Kefir

Noosa

Blueberry Yoghurt 4 PCK

Noosa Yoghurt

Noosa Yoghurt - Blueberry 8 oz.

Noosa Yoghurt (Cont'd)

Noosa Yoghurt - Lemon 8 oz.

Stonyfield

Pacific Coast Strawberry Yogurt

Stonyfield Farm

Banana Mango YoBaby Yogurt 6 Pck
Organic LF Strawberry YoKids Yogurt
Organic Raspberry Pear YoToddler Yogurt 6 Pck
Peach Pear YoBaby Yogurt 6 Pck
Blueberry Apple YoBaby Yogurt 6 Pck
Organic Plain YoBaby Yogurt 6 Pck
Organic Strawberry Banana YoToddler Yogurt 6 Pck
Organic Vanilla YoBaby Yogurt
Organic Blueberry YoBaby Yogurt
Vanilla YoBaby Yogurt 6 Pck
Organic Strawberry Beet Berry YoToddler Yogurt

Stonyfield Organic Yogurt

Low Fat French Vanilla
Oikos: 0% Fat Super Fruits Fruit on the bottom
YoKids: Blueberry Strawberry Vanilla
Low Fat Raspberry
Low Fat French Vanilla
0% Fat French Vanilla
YoKids: Strawberry Banana

Wallaby Organic

Creamy Australian Style Lowfat Orange Passionfruit Yogurt
Greek Lowfat Plain Yogurt
Greek Lowfat Plain Yogurt
Greek Nonfat Plain Yogurt

Dairy Alternatives

Blue Diamond

Original Almond Breeze

Earth Balance

Organic Coconut Spread

Ener-G Foods

Egg Replacer

Spectrum Naturals

Organic Vegetable Shortening

Desserts

Edward & Sons

Waffle Ice Cream Cones

King's Cupboard

Caramel Crème Sauce

Energy and Nutrition Bars/Drinks

GoMacro, Inc

Macrobar Granola W/ Coconut
Macrobar Cashew Caramel
Macrobar Cherries N' Berries

KIND

Blueberry Pecan Fiber 12 ct bars
Peanut Butter and Strawberry Bars 12 ct
Dark Chocolate Chili Almond 12 ct bars

KIND (Cont'd)

Apple Cinnamon Pecan Bars 12 ct
Almond Apricot Yogurt 12 ct Bar
Dark Choco Chili Almond Bar
Fruits Nut in Yogurt 12 ct Bars
Blueberry Vanilla n Cashew Bar

Kind

Fruit Nut Delight 12 ct Bars
Almond Apricot 12 ct Bars
Nut Delight 12 ct Bars

NuGo Stronger

Real Dark Chocolate Bar
Cookies n Cream Protein Bar
Real Dark Chocolate Bar 12ct
Caramel Pretzel Protein Bar
Peanut Cluster Protein Bar

Think Thin

High Protein Chocolate Espresso Bar
Caramel Fudge Bar
High Protein White Chocolate Chip Bar
High Protein Chunky Peanut Butter Bar
Dark Chocolate Bar
High Protein Brownie Crunch Bar

Entrees and Mixes

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix
Chocolate Frosting Mix

Hol-Grain

100% Rice Starch
Tempura Batter Mix

Modern Table

Southwest Red Lentil Rotini and Veggie Meal
Italian Red Lentil Penne and Veggie Meal

TastyBite

Aloo Palak
Spinach Dal

Ethnic Foods

Edward & Sons

Miso-Cup, Organic Reduced Sodium

Organicville

Organic Sesame Teriyaki

Saffron Road

Korean Stir Fry Simmer Sauce
Thai Red Curry Simmer Sauce

Star Anise Foods

Happy Pho-Garlic Goodness
Spring Roll Rice Wrapper
Happy Pho-Shiitake Mushroom
Vietnamese Brown Rice Noodles w/ Seaweed
Spring Roll Wrapper Brown Rice
Happy Pho-Zesty Ginger

TastyBite

Spinach Dal

TastyBite (Cont'd)

Aloo Palak

Facial Care Products

365 Everyday Value®

Moisturizing Lotion FOR ALL SKIN TYPES

Derma E

Evenly Radiant Serum
Hydrating Serum with Hyaluronic Acid
Refining Vitamin A and Glycolic Scrub
Hydrating Eye Creme with Hyaluronic Acid and Pycnogenol
Hydrating Mist with Hyaluronic Acid
Very Clear Cleanser Anti-Blemish Complex

Frozen Foods

Amy's Kitchen

Bean & Rice Burrito
Brown Rice, Black-Eyed Peas & Veggies Bowl
Bean & Cheese Burrito

Ian's Natural Foods

Wheat Free Gluten Free Alpha Tots Family Pack
Southwest Chicken Tenders

Saffron Road

Thai Red Curry Simmer Sauce
Korean Stir Fry Simmer Sauce

Starfish

Crispy Battered Gluten Free Haddock
Crispy Battered Gluten Free Halibut

Tandoor Chef

Paneer Tikka Masala
Channa Masala

Grains and Rice

Bob's Red Mill

Organic Amaranth Grain

Hol-Grain

100% Rice Starch

Lundberg Family Farms

Wild Blend
Organic California Brown Basmati Rice
Organic California Sushi Rice
Organic Wild Rice

TastyBite

Spinach Dal
Aloo Palak

Hand & Body Lotions

365 Everyday Value®

Moisturizing Lotion FOR ALL SKIN TYPES

Hand & Body Washes

365 Everyday Value®

Bubble Bath Relaxing Lavender

Jams and Nut Butters

Bob's Red Mill

White Rice Flour

Earth Balance

- Coconut & Peanut Spread Creamy
- Coconut & Peanut Spread Crunchy

Justin's

- Classic Almond Butter 1.15 oz Squeeze Pack
- Vanilla Almond Butter
- Honey Almond Butter 1.15 oz Squeeze Pack
- Maple Almond Butter 1.15 oz Squeeze Pack
- Chocolate Hazelnut Butter 1.15 oz Squeeze Packs
- All-Natural Honey Peanut Butter (1.15oz squeeze pack)

MaraNatha

- Organic Creamy Raw Almond Butter
- Crunchy No Stir Almond Butter

San J International

- Orange Glaze and Stir Fry Sauce GF

The Ginger People

- Organic Crystallized Ginger

Meat and Poultry

Ian's Natural Foods

- Southwest Chicken Tenders

Miscellaneous Grocery

Kedem Foods

- Cooking Sherry Wine

Nutritional Supplements

AmaZing Grass

- Organic Wheat Grass Powder

Amazing Grass

- Green SuperFood Chocolate

BioChem

- 100% Whey Protein Chocolate Fudge
- 100% Whey Protein Natural Flavor
- 100% Whey Protein Vanilla 13.9oz

Country Life

- Super Potency Biotin 5mg 60ct
- Target-Mins Calcium-Magnesium Complex Tablets, 180 ct
- Super Potency Biotin 5mg 120ct
- Liquid Multivitamin
- B-12 500mcg Time Release 100ct
- Sharp Thought 30ct
- Resveratrol Plus 60ct Capsule
- Acerola Vitamin C 500mg Chewable 90ct
- Target-Mins Calcium-Magnesium-Potassium Tablets, 180 ct
- B-12 1000mcg Time Release 60ct
- Cal-Snack Milk-Free Chewables, 120 ct
- Coenzyme B Complex 60ct

Iron Tek

- Essential Glutamine 500g Powder
- Essential Creatine Monohydrate 500g Powder

MegaFood

- Complex C Daily Food
- Magnesium

Megafood

Megafood (Cont'd)

- Vitamin D 1000 IU
- MegaFlora
- Men Over 40 One Daily
- Womens One Daily
- Vitamin D 1000 IU
- Blood Builder
- Balanced B Complex
- Kids One Daily
- Blood Builder
- Balanced B Complex
- Women Over 40 One Daily
- One Daily

Nature's Way Alive!

- Once Daily
- Once Daily 50+ Women

Rainbow Light

- Women'S One Multivitamin 30
- Allerstan Quick Response 30
- Men'S One Multivitamin 30
- Men'S One Multivitamin 150
- Kid'S One Multistars 30
- Food Based Calcium
- Pain - Eze 30
- Prenatal One Multivitamin 30
- Men'S One Multivitamin 90
- Kid'S One Multistars 90
- Complete Prenatal System 180
- Vitamin D 400 Iu Gummies 60
- Women'S One Multivitamin 150
- Women'S One Multivitamin 90

Ointments/Salves/Gels/Antiseptics

Badger

- Healing Balm
- Organic Cayenne and Ginger Muscle Rub

Pasta

Ancient Harvest

- Organic Quinoa Flakes 12 oz

Explore Cuisine

- Organic Black Bean Spaghetti
- Organic Soybean Spaghetti

RP's Pasta Fresh Pasta

- Gluten Free Fettuccine

Pasta Sauce

Cucina Antica

- Tomato Basil Pasta Sauce
- Tomato Basil Pasta Sauce
- Garlic Marinara Pasta Sauce

Yellow Barn

- Puttanesca Sauce
- Arrabbiata Sauce
- Roasted Eggplant Sauce

Prepared Foods

Amy's Kitchen

Brown Rice, Black-Eyed Peas & Veggies Bowl
Bean & Cheese Burrito
Refried Beans with Green Chiles
Cream of Tomato Soup
Light & Lean Sweet & Sour Asian Noodle Bowl
Bean & Rice Burrito
Light & Lean Quinoa & Black Beans with Butternut Squash & Chard

Sauces/Salsas/Dips

Bob's Red Mill

Organic Coconut Flour

Cava Mezze

Roasted Garlic Hummus 8 oz.
Harissa 8 oz.
Spicy Hummus 8 oz.
Crazy Feta 8 oz.
Tzatziki 8 oz.
Eggplant & Roasted Red Pepper Dip 8 oz.
Traditional Hummus 8 oz.
Roasted Red Pepper Hummus 8 oz.
Kalamata Hummus 8 oz.

King's Cupboard

Bourbon Caramel Sauce
Caramel Crème Sauce
Espresso Chocolate Sauce

Organicville

Organic Sesame Teriyaki

Saffron Road

Thai Red Curry Simmer Sauce
Korean Stir Fry Simmer Sauce

San -J International

Szechuan Sauce

San J International

GF Sweet & Smoky Asain BBQ Sauce

Sky Valley

Teriyaki Sauce Glaze & Marinade

Yellow Barn

Roasted Eggplant Sauce
Puttanesca Sauce
Arrabiata Sauce

Seafood

Starfish

Crispy Battered Gluten Free Halibut
Crispy Battered Gluten Free Haddock

Soups

Amy's Kitchen

Cream of Tomato Soup

Dr McDougalls

Organic Gluten Free Minestrone Soup

Dr. McDougall's

Soup Chunky Tomato LS GF OG

Dr. McDougall's (Cont'd)

Garden Vegetable Soup Light Sodium GF

Dr. McDougall's Right Foods

Gluten Free Light Sodium Lentil Soup
Gluten Free Vegetable Soup
Gluten Free Black Bean Soup

Dr. McDougalls

Organic French Lentil Soup LS GF
Spring Onion Soup Cup Low Salt
Tortilla Soup Cup

Dr. McDougals

Black Bean Lime Soup Cup
Hot and Spicy Soup

Edward & Sons

Miso-Cup, Organic Reduced Sodium

Frontier Soups

Hearty Meal Indiana Harvest Sausage & Lentil
Hearty Meal Colorado Campfire Chicken Stew
Hmde. Min. Connecticut Cottage Chicken Noodle Soup
Hearty Meal Louisiana Red Bean Gumbo
Hmde. Min. Oregon Lake Wild Rice & Mushroom Soup
Hmde. Min. Mississippi Delta Tomato Basil Soup
Hmde. Min. South of the Boarder Tortilla Soup
Hearty Meal Minnesota Heartland 11 Bean
Hearty Meal Texas Wrangler Black bean Soup
Hmde. Min. Idaho Outpost Potato Leek Soup
Sunset Enchilada Soup Mix
Hearty Meal California Gold Rush White Bean Chili

Imagine

Organic Light in Sodium Creamy Garden Tomato Soup

Imagine Foods

Organic Creamy Sweet Pea Soup
Organic Soup Creamy Tomato Basil
Organic Creamy Butternut Squash Soup
Organic Low Sodium Creamy Corn Soup
Organic Creamy Tomato Soup
Organic Soup Creamy Butternut Squash

San-J International

Shitake Mushroom Wakame Soup

Star Anise Foods

Happy Pho-Shiitake Mushroom
Happy Pho-Zesty Ginger
Happy Pho-Garlic Goodness

Spices and Seasonings

Edward & Sons

Bouillon Cubes, Not-Chick'n

Hol-Grain

Tempura Batter Mix

Saffron Road

Thai Red Curry Simmer Sauce
Korean Stir Fry Simmer Sauce

Sweeteners

Lundberg Family Farms

Lundberg Family Farms (Cont'd)

Eco Farmed Brown Rice Syrup