

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Yorkville 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 Foaming Wash
- Baby Lotion
- Baby Shampoo

Hugo Naturals

- Vanilla & Chamomile Baby Oil
- Lavender & Chamomile Baby Mist

Baked Goods

Ethel's Edibles

- Brownie
- Hot Blondie Bar

Kinnikinnick

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

Udi's Gluten Free Foods

- Three Cheese Pizza

WFM Gluten Free Bakehouse

- Chocolate Cupcakes
- Sandwich Bread
- Chocolate Chip Cookies
- Prairie Bread
- Cranberry Orange Scones
- Vanilla Cupcakes
- Blueberry Muffins

Baking Needs

Edward & Sons

- GF Vegan Cornstarch

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

Enjoy Life Foods (Cont'd)

- Mega Chunks
- Mini Chips

Kinnikinnick

- Graham Style Crumbs

Pamela's Products

- Pancake and Baking Mix

Bar Soap

Hugo Naturals

- Shea Butter & Chamomile Bar Soap

Beverages

Kedem

- 100% Organic Grape Juice

Bread

Canyon Bakehouse

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

Food for Life

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

Glutino

English Muffins

Udi's Gluten Free Foods

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

WFM Gluten Free Bakehouse

Sandwich Bread
Light White Sandwich Bread
Prairie Bread

Breakfast Foods**Glutenfreeda**

Strawberry Brown Sugar w/ Flax Instant Oatmeal
Instant Oatmeal 6 Ct
Cranberry Cinnamon w/ Flax Instant Oatmeal 6 Pck
Instant Oatmeal Variety Pack
Banana Maple w/ Flax Instant Oatmeal 6 Ct
Apple Cinnamon Flax Instant Oatmeal 6 Ct

Candy and Chocolate**Endangered Species Chocolate**

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

Go Max Go

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

GoOrganic/GoNaturally

Ginger
Blood Orange
Pomegranate
Honey Lemon
Cherry

Surf Sweets

Organic Fruity Hearts Tarts

The Ginger People

Gin Gins Boost Travel Pack

Canned Goods**Amy's Kitchen**

Organic Vegetarian Baked Beans
Organic Spicy Chili
Organic Traditional Refried Beans
Organic Medium Chili

Amy's Kitchen (Cont'd)

Refried Black Beans
Refried Beans with Green Chiles

Native Forest

Organic Pineapple Slices
Organic Hearts of Palm
Artichoke Heart Quarters
Whole Artichoke Hearts

Canned/Jarred Goods**Native Forest**

Artichoke Heart Quarters
Whole Artichoke Hearts

Cereal**EnviroKidz**

Organic Koala Crisp Cereal

Envirokidz

Organic Gorilla Munch Cereal
Organic Peanut Butter Panda Puff Cereal

Glutenfreeda

Apple Cinnamon Flax Instant Oatmeal 6 Ct
Golden Brown Raisin Oatmeal Cup
Instant Oatmeal Variety Pack
Instant Oatmeal 6 Ct
Cranberry Cinnamon w/ Flax Instant Oatmeal 6 Pck
Blueberry Strawberry Brown Sugar Oatmeal Cup
Brown Sugar Flax Oatmeal Cup
Cranberry Apple Walnut Oatmeal Cup
Strawberry Brown Sugar w/ Flax Instant Oatmeal
Banana Maple w/ Flax Instant Oatmeal 6 Ct

Nature's Path

Organic Mesa Sunrise Cereal
Organic Mesa Sunrise Cereal
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

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

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

Late July (Cont'd)

Organic Sub Lime Tortilla Chips
Mild Green Mojo Chips

ShaSha

Organic Buckwheat Pineapple Coco Nib Snack
Organic Buckwheat Blueberry Apple Snack

Coffee and Tea**Celestial Seasonings**

Bengal Spice
Sleepy Time
Sleepytime Herbal Tea

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

Cookies and Snack Bars**Enjoy Life**

Crunchy Vanilla Honey Graham Cookies
Chocolate Chip Cookies
Crunchy Sugar Crisp Cookies

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies
Soft Baked Double Chocolate Brownie Cookies
Double Chocolate Crunchy Cookies
Soft Baked Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Envirokidz

Organic Crispy Rice Peanut Butter Bar

GoMacro, Inc

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

Kinnikinnick

S'moreables Graham Style Crackers

ShaSha

Cocoa & Vanilla Buckwheat Snack
Ginger & Cinnamon Buckwheat Snack

WFM Gluten Free Bakehouse

Chocolate Chip Cookies

Cosmetics**Derma E**

Evenly Radiant Makeup Remover

Gabriel Cosmetics Inc.

Lipstick - Copper Glaze
Lipstick - Wild Orchid
Lipliner - wine
Lipstick - Mauve
Lipstick - Sheer Rose
Lipstick - Taupe
Lipliner - Spice
Lip Gloss Treatment - Diva
Lipstick - Santa Fe
Lipstick - Rosewood
Lipstick - Tea Rose
Lip Gloss Treatment - Mocha Ice
Mascara-Black Brown
Lipstick - Nude
Lipstick - Dune
Lipliner - Berry
Mascara-Black
Lipliner - Nutmeg
Lipstick - Sheer Pink
Lip Gloss Treatment - Ambrosia
Lipstick - Walnut
Lipliner -Chestnut
Lipstick - Seashell
Lipstick - Clay
Lipliner-Red

Gabriel Cosmetics, Inc.

Concealer - Medium
Concealer - Light

Gabriel Makeup

Blush - Rose
Eye Shadow-sable
Eye Shadow-chocolate brown
Blush - Petal
Dual Powder Foundation-Light Beige
Dual Powder Foundation-Med Beige
Blush - Apricot
Dual Powder Foundation-Deep Beige
Eye Shadow-charcoal
Eye Shadow-bisque
Dual Powder Foundation-Extra Light Beige

Mineral Fusion

Blush - FLASHY
Eye Pencil - Coal
Concealer Duo - Neutral
Eye Pencil - Volcanic
Pressed Powder Foundation - WARM 2
Pressed Powder Foundation - COOL 1
Pressed Powder Foundation - NEUTRAL 2
Blush Airy
Eye Shadow Trio - SULTRY
Bronzer - Sparkle
Lip Gloss - Captivate

Mineral Fusion (Cont'd)

Eye Pencil - Azure
Lip Stick Alluring
Lip Gloss - Clarity
Lip Gloss - Dazzle
Lipstick - Inspire
Eye Shadow - RAW
Pressed Powder Foundation - OLIVE 3
Lip Pencil - Elegant
Liquid Lip Gloss - Reflect
Lip Stick Flashy
Lip Pencil - Burnish
Liquid Lip Gloss - Polished
Bronzer - Luster
Sheer Tint Foundation Warm
Pressed Powder Foundation - OLIVE 2
Lip Stick Gem
Eye Pencil Touch
Eye Shadow - FLASH
Concealer Duo - Cool
Eye Shadow - RARE
Setting Powder
Concealer Duo - Warm
Eye Shadow Trio - STUNNING
Lengthening Mascara Graphite
Eye Shadow Trio - ESPRESSO GOLD
Liquid Lip Gloss - Heat
Lip Stick Molten
Pressed Powder Foundation - OLIVE 1
Sheer Tint Foundation Neutral
Blush - PALE
Lengthening Mascara Rock
Liquid Lip Gloss - Sensitive
Eye Pencil - Rough
Liquid Lip Gloss - Enlighten

Zuzu Luxe

Lip Gloss Treatment - Mischief
Blush-Sunset
Lipstick - Beso Beso
Eyeshadow-odyssey
Lipstick - Ultra Violet
Lipstick - Starlet
Lipstick - Obsession
Lipstick - Dollhouse Pink
Dual Powder Foundation - d-14
Dual Powder Foundation - d-4
Eyeshadow-gem
Lipstick - Siesta
Lip Gloss Treatment - Cosmopolitan
Lip Gloss Treatment - Divinity
Dual Powder Foundation - d-10
The Mascara Onyx
Concealer - C-10

Crackers

Crunchmaster

Original Gluten Free Crackers
Rosemary Olive Oil Crackers GF
Roasted Garlic Crackers GF

Edward & Sons

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

Mary's Gone Crackers

Black Pepper Crackers
Original Crackers

Yehuda

Matzo Style Squares

Dairy Alternatives

Blue Diamond

Almond Breeze Original
Almond Breeze Vanilla
Almond Breeze Chocolate

Ener-G Foods

Egg Replacer

Desserts

WFM Gluten Free Bakehouse

Chocolate Cupcakes
Vanilla Cupcakes

Energy and Nutrition Bars/Drinks

GoMacro

Organic Morning Harvest Macrobar

GoMacro, Inc

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

KeVita

Lemon Ginger Sparkling Probiotic Drink
Strawberry Acai Coconut Sparkling Probiotic Drink

Entrees and Mixes

Road's End Organics

Dairy Free Cheddar Style Penne & Chreese
Organic Savory Herb Gravy Mix

TastyBite

Bengal Lentils
Chana Masala
Bombay Potatoes
Punjab Eggplant

Ethnic Foods

Amy's Kitchen

Amy's Kitchen (Cont'd)

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

Edward & Sons

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

Food for Life

Gluten Free Whole Grain Brown Rice Tortillas

Kedem Gourmet

Gefilte Fish Gluten Free

TastyBite

Bombay Potatoes
Bengal Lentils
Punjab Eggplant
Chana Masala

Yehuda

Matzo Style Squares

Facial Care Products

Derma E

Evenly Radiant Dark Circle Eye Creme
Very Clear Scrub Anti-Blemish Complex
Microdermabrasion Scrub
Very Clear Cleanser Anti-Blemish Complex
Refining Vitamin A and Glycolic Scrub
Evenly Radiant Cleanser
Refining Vitamin A Creme
Soothing Moisturizing Creme With anti-aging Pycnogenol
Hydrating Eye Creme with Hyaluronic Acid and Pycnogenol
Deep Wrinkle Reverse Serum with Peptides Plus
Soothing Cleanser With anti-aging Pycnogenol
Refining Vitamin A and Glycolic Cleanser
Hydrating Night Creme with Hyaluronic Acid
Age-Defying Eye Creme with Astaxanthin and Pycnogenol
Very Clear Spot Treatment With Anti-Blemish Complex
Firming Moisturizer with DMAE, Alpha Lipoic and C-Ester
Evenly Radiant Overnight Peel
Evenly Radiant Makeup Remover
Deep Wrinkle Reverse Moisturizer with Peptides Plus
Age-Defying Day Creme with Astaxanthin and Pycnogenol
Age-Defying Night Creme with Astaxanthin and Pycnogenol
Hydrating Day Creme with Hyaluronic Acid
Hydrating Cleanser with Hyaluronic Acid

Frozen Foods

Amy's Kitchen

Teriyaki Bowl
Indian Vegetable Korma
Palak Paneer
Brown Rice and Vegetable Bowl

Amy's Kitchen (Cont'd)

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

Glutenfreeda

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

Ian's Natural Foods

Fish Sticks, Allergen Free
Fish Stick Family Pack- Wheat Free Gluten Free
Wheat Free Gluten Free Chicken Nuggets Family Pack

Kinnikinnick

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

Udi's Gluten Free Foods

Pepperoni Pizza
Margherita Pizza

Grains and Rice

Enjoy Life

Chocolate Chip Cookies

Lotus Foods

Organic Volcano Rice Blend 15 oz.
Forbidden Rice Bowl 7 oz.
Organic Volcano Rice Bowl 7 oz.
Organic Brown Jasmine Rice Bowl 7 oz.
Bhutan Red Rice 15 oz.
Organic Brown Mekong Flower Rice 15 oz.
Forbidden Rice 15 oz.
Organic Madagascar Pink Rice 15 oz.

Lundberg Family Farms

Lundberg Family Farms (Cont'd)

Eco-Farmed Countrywild Gourmet Blend Rice, 25 lb

TastyBite

Basmati Rice
Chana Masala
Bengal Lentils
Bombay Potatoes
Brown Rice

Hair Care Products

365 Everyday Value®

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

Hand & Body Lotions

365 Everyday Value®

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

Hugo Naturals

Shea Butter & Chamomile Oh-So-Soft Lotion

Hand & Body Washes

365 Everyday Value®

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

Hugo Naturals

Shea Butter & Chamomile Shampoo & Baby Wash

Lip Balms

Badger

Badger (Cont'd)

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

Prunes
Organic Raisins
Organic Dried Apricots
Dried Mango Pieces

ShaSha

Organic Buckwheat Blueberry Apple Snack

Oils - Essential/Massage/Aromatic

Hugo Naturals

Vanilla & Chamomile Baby Oil
Lavender & Chamomile Baby Mist

Ointments/Salves/Gels/Antiseptics

Badger

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

Pasta

Gefen

Gluten Free Wide Noodles

Miracle Noodle

Spinach Angel Hair
Miracle Garlic Herb Fettuccini
Miracle Noodle Angel Hair
Miracle Rice
Miracle Noodle Fettuccini

RP's Pasta Fresh Pasta

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

Personal Care

Derma E

Skin Lighten Natural Fade and Age Spot Creme
Scar Gel
Very Clear Moisturizer

Sauces/Salsas/Dips

Eden

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

Road's End Organics

Organic Savory Herb Gravy Mix

Soups**Amy's Kitchen**

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

Edward & Sons

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

Frontier Soups

Hearty Meal California Gold Rush White Bean Chili
Hearty Meal Nebraska Barnraising Split Pea Soup
Hearty Meal Indiana Harvest Sausage & Lentil
Hearty Meal Minnesota Heartland 11 Bean
Hearty Meal Texas Wrangler Black bean Soup
Hearty Meal Illinois Prairie Corn Chowder

Specialty Foods**Amy's Kitchen**

Black Bean Vegetable Soup

Kedem Gourmet

Gefilte Fish Gluten Free