

BABY FOOD

HEALTHY TIMES Maple Arrowroot Cookies*
Maple Biscuits for Teething*

SOUPS, BEANS & SALSAS

AMY'S SOUPS
Chunky Tomato Bisque
Cream of Tomato
Black Bean Vegetable
Chunky Vegetable
Fire Roasted Southwestern Vegetable
Lentil
Split Pea
Potato Leek
Corn Chowder

AMY'S BEANS & CHILIES
Refried Beans
Refried Black Beans
Refried Beans with Green Chilies
Vegetarian Baked Beans
Medium Chili
Medium Chile w/ Vegetables
Spicy Chili
Black Bean Chili

AMY'S SALSAS
Medium
Mild
Black Bean & Corn
Fire Roasted Vegetable
Spice Chipotle

SHELTON'S
Gluten-free Chicken Broth
Chicken Tortilla Soup

TASTE ADVENTURE
Black Bean Soup
Split Pea Soup
Sweet Corn Chowder

DELI SNACKS & CEREALS

ARICO
Cookie Bar

AUDREY'S
Snacks (Asst. flavors)

BARAKA
Bars (Asst. flavors)

BOBO'S
Cookies * (Asst. flavors)

CALIFORNIA SUN CAKES
Heart Thrive Cookies (Asst. Flavors)

DIVINELY DELISH
Granola & Bars (Asst. flavors)

FABE'S
Wheat-Free Oatmeal Cookies*
Wheat-Free Muffins* (Asst. Flavors)

FOODS ALIVE
Crackers (Asst. flavors)

FREELAND
Bars & Flax Crackers (Asst. flavors)

GOPALS
Nature's Gift Cookies (Asst. flavors)

GORAW
Live Granola*
Assorted Bars*

HOT KID
Rice Crisps

LAURA'S WHOLESOME JUNK FOOD COOKIES
Gluten Free Bites (Asst. Flavors)

LIVING INTENTIONS
Nuts

LYDIA'S ORGANIC & RAW
Gluten Free Crackers & Cereals

MARIPOSA
Brownies & Biscotti

MARY'S GONE CRACKERS
Crackers (Asst. flavors)

MATTER OF FLAX
Crackers (Asst. flavors)

MAUK FAMILY FARMS
Raw Wheat Free Crusts

NO COOKIE
Cookies (Asst. Flavors)

NUTRILICIOUS
Wheat Free Cookies* (Assorted Flavors)

OSKRI
Sesame Bars*

PARMA
Cheese sprinkle alternative (Asst. Flavors)

PRANA BAR
Bars (Asst. Flavors)

REBAR
Bars (Asst. Flavors)

SESMARK
No Wheat Added Rice Thins

SMALL TREATS
Brittle (Asst. flavors)

SMART MONKEY
Bars (Asst. Flavors)

SUNFLOUR BAKING CO.
Gluten Free and Wheat Free Cookies (Assorted Flavors)

ZEN BAKERY
Gluten-Free Muffins (Asst. Flavors)

ZEN SOY
Soy Pudding (Asst. Flavors)

*Denotes Wheat Free only

SNACKS

BARBARA'S
Wheat Free Fig Bars*
Raspberry Fig Bars*

BLUE DIAMOND
Nut Thins

EDWARD & SONS
Brown Rice Snaps*

ENER-G
Wheat Free Crackers*
Wheat Free Pretzels*
Brownies*

ENJOY LIFE
Nut Free Trail Mix
Cookies (Assorted flavors)

GLUTINO
CoCo Cookies
Chocolate O's
Crackers
Breadsticks (Assorted flavors)
Gluten Free Breakfast Bars
Wafers: *Chocolate, Strawberry, Lemon*
Sandwich Cookies: *Chocolate, Zebra, Vanilla, Shortcake*
Dream Bites: *Chocolate, Vanilla*

GO RAW
Flax Snax*

HEALTH VALLEY
Rice Bran Cookies

HOL GRAIN
Brown Rice Crackers (Asst. flavors)

LUNDBERG
Rice Chips (Assorted flavors)
Elegant Rice Pudding*

MADELEINE'S
Cookies (Assorted flavors)

MASUYA
Rice Sembei Snacks

MI-DEL
Ginger Snaps
Cookies: *Pecan, Chocolate*

BARS

BIOCHEM
Raw Foods & Whey

ENJOY LIFE
Snack Bar (Assorted flavors)

FIT SMART BAR
Assorted Flavors

JAY BAR
Assorted Flavors

MISC.

ALMOND
Cheese Alternative

AMAZAKE
Rice Shake

Chip, Chocolate Sandwich, Arrowroot

MRS. DENSON'S
Chocolate Chip Macaroon*
Quinoa Macaroon*
Oatmeal Raisin*

NANA'S
No Wheat Oatmeal Raisin Cookies*
Cookie Bars: *Berry Vanilla, Nana Banana*
Cookies: *Chocolate, Ginger, Lemon, Chocolate Crunch*

NATURE'S CHOICE
Cereal Bars*

NEWMAN'S
Wheat Free Chocolate Alphabet Cookies
Fig Newman's*
Newman O's*
Chocolate Chip Cookies*

PAMELA'S
Shortbread: *Lemon, Butter*
Shortbread Swirl
Chunky Chocolate Chip
Oatmeal Raisin Walnut*
Ginger with Sliced Almonds
Peanut Butter
Simple Bites: *Chocolate Chip, Ginger*
Shortbread Cookies: *Pecan, Butter*
Lemon Almond Biscotti
Cookies: *Spicy Ginger, Peanut Butter Chocolate Chip, Espresso Chocolate Chunk*

SOKEN
Vegetable Chips*

TREE OF LIFE
California Carob Cookies*
Americana Oatmeal Cookies*
Mountain Maple Walnut Cookies*

Wheat Alternatives:
AUNT GUSSIES COOKIES
Spelt Flour (green label)

VITASPELT
Sesame Sticks

LARA BAR
Assorted Flavors

ORGANIC FIBER BAR
Assorted Flavors

ORGANIC FOOD BAR
Assorted Flavors

PURE FIT
Assorted Flavors

THINK THIN
Assorted Flavors

PREMIERE JAPAN
Org. Wheat Free Hoisin Sauce*

SOYMAZE
Parmesan Cheese Alternative

SOYCO
Vegan Cream Cheese Substitute

CONDIMENTS

DREW'S
Salad Dressings (Asst. flavors)
Mustard: *Dijon, Horseradish, Honey, Yellow*
BBQ Sauce: *Hot Chipotle, Smokey Maple, Original Recipe*

SAN J
WF Tamari

SEEDS OF CHANGE
Salad Dressings (Asst. flavors)

SPECTRUM
Salad Dressings (Asst. flavors)

MITOKU MACROBIOTICS
Organic Wheat-Free Yaemon Tamari*

NASOYA
Salad Dressings (Asst. flavors)

OHSAWA
Tamari*

ORGANICVILLE
Salad Dressings (Asst. flavors)

TRUE NATURAL TASTE
Hot Horseradish
Mild Sweet and Spicy
Medium Jalapeno
100% Honey

WALDEN FARMS
Salad Dressings (Asst. flavors)
BBQ Sauce: *Hickory Smoked, Original, Thick & Spicy*



BULK DEPARTMENT

Fig Bars*

Visit the Mother's Store Near You:

COSTA MESA
225 E. 17th Street, Costa Mesa
(949) 631-4741

HUNTINGTON BEACH
19770 Beach Blvd., Huntington Beach
(714) 963-MOMS

IRVINE
2963 Michelson (at Jamboree), Irvine
(949) 752-MOMS

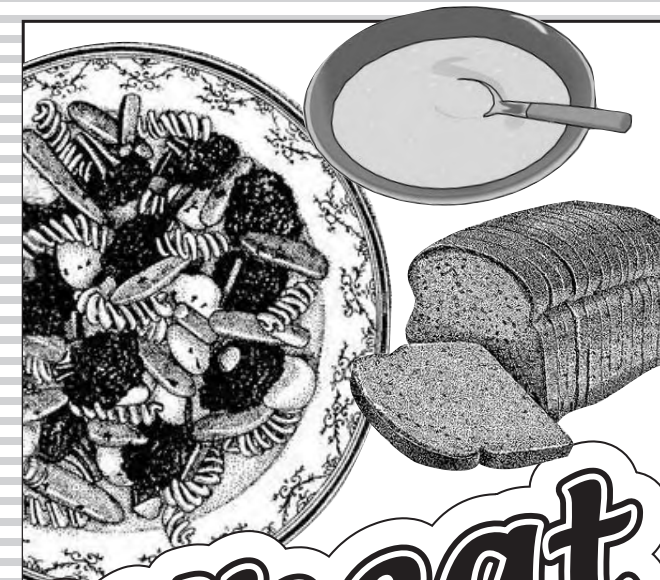
LAGUNA WOODS
24165 Paseo de Valencia (& El Toro)
Laguna Woods (949) 768-6667

SANTA ANA
(Coming Spring 2008)
151 E. Memory Lane (at Main)
Santa Ana (714) 542-6668

CALL FOR SPECIAL ORDERS, MAIL ORDER
OR SEMINARS: 1-800-595-6667



Not all Mother's locations carry all of the foods listed.
Revised 2008



Wheat & Gluten Free

A List of Our Wheat Free and Gluten Free Products

Please Read All Ingredient Labels.

Nutritionals and Serving Sizes Change.

* Denotes Wheat Free Only



BAKING

BOB'S RED MILL
All Purpose GF Baking Flour
Amaranth Flour
Arrowroot Starch
Baking Powder
Baking Soda
Brown Rice Farina
Brownie Mix
Buckwheat Groats
Cornstarch
Flaxseed
Flaxseed Meal
Flaxseed (Golden) Organic
Flaxseed (Golden) Organic Meal
Flaxseed Organic
Flaxseed Organic meal
Garbanzo Bean Flour

Garbanzo/Fava Bean Flour
Guar Gum
Homemade Wonderful Bread Mix
Potato Flour
Potato Starch
Quinoa Flour, Organic
Guinoa Grain, Organic
Sorghum Flour
Sweet White Rice Flour
Tapioca Flour
Teff Flour
Teff Grain
Textured Vegetable Protein
Wheat-Free Biscuit Mix*
White Rice Flour
Xanthan Gum
Yeast, Active Dry

PASTAS

ANNIE'S
Rice Pasta & Cheese

MRS. LEEPERS
Corn Elbows
Corn Vegetable Radiatore
Pasta and Sauce (*Asst. flavors*)
Rice Spaghetti
Corn Spaghetti

ANCIENT HARVEST
Quinoa Veggie* (*Curls, Shells, Linguine, Spaghetti*)



DeBOLES
Corn Pasta* (*Elbows, Spaghetti*)
Rice Penne (*Spirals*)
Rice Pasta & Cheese
Rice Shells & Cheese

PASTARISO
Mac & Cheese

ENER-G
Rice Spaghetti
Brown Rice Lasagna

PASTATO
Potato Spaghetti
Potato Elbows
Potato Fettuccine
Mac & Cheese

FOOD FOR LIFE
Rice Elbows

RIZOPIA
Wild Rice Pasta
Penne & Spaghetti
Nutrition Kitchen
Soy Bean Pasta (*Asst. flavors*)

GLUTEN FREE AND FABULOUS
Macaroni and Cheese

ROAD'S END ORGANICS
Penne & Cheese
Alfredo Style

GLUTINO
Spaghetti
Fusilli
Macaroni
Penne

TINKYADA
Lasagna
Rice Pasta (*Penne, Spirals, Shells, Spaghetti, Fettuccine*)

LUNDBERG
Brown Rice Pasta



HOT CEREAL

ARROWHEAD MILLS
Rice & Shine

POCONO
Cream of Buckwheat

BOB'S RED MILL
Creamy Buckwheat Cereal
Mighty Tasty Hot Cereal
Gluten Free Oatmeal



CEREALS

ARROWHEAD MILLS
Maple Buckwheat Flakes
Sweetened Rice Flakes
Wheat Free 7-Grain
Yellow Corn Grits

Bakery on Main
Granola (*Asst. flavors*)

BOB'S RED MILL
Creamy Rice
Rolled Oats

ENJOY LIFE
Granola (*Asst. flavors*)

ENVIRO KIDS
Panda Puffs
Koala Crisp
Gorilla Munch
Amazon Frosted Flakes



EREWON
Apple Stroodles*
Rice Twice
Aztec*

Brown Crispy Rice*
Crispy Brown Rice with Mixed Berries

GLUTINO
Apple & Cinnamon

FROZEN

AMY'S
Rice Mac & Cheese
Rice Crust Cheese Pizza
Tofu Rancheros
Tofu Scramble
Cheese Enchiladas
Teriyaki Bowl
Thai Stir-Fry
Asian Noodle Stirfry
Rice Mac & Cheese
Black Bean Enchilada
Mexican Casserole Bowl
Santa Fe Enchilada Bowl
Brown Rice & Vegetable Bowl
Brown Rice, Black-eyed Peas & Vegetable Bowl
Shepherd's Pie
Tamale Pie
Garden Vegetable Lasagna
Indian Mattar Paneer
Indian Palak Paneer
Bistro Burgers
Baked Ziti

Cornbread
Bagels (*Asst. Flavors*)
Baguettes

IAN'S
Chicken Nuggets
Fish Sticks
Battered Fish

KINNIKINNICK
Waffles (*Assorted Flavors*)

LIFESTREAM
Buckwheat Waffles
Mesa Sunrise Waffles

NATURE'S HILIGHTS
Brown Rice Pizza
Rice Pizza Crust
Tostada

ORGANIC RICE DIVINE
Dessert

ORGANIC SUNSHINE BURGER

SHELTON'S
Gluten Free Franks

VAN'S
Waffles* (*Apple Cinnamon, Blueberry, Flax, Original*)

WHEATSTONE WAFFLES
Wheat-Free Flax
Wheat Free Blueberry

FRENCH MEADOW
Wheat-alternative Spelt Pizza
Crusts

GILLIAN'S FOODS
Pie Crust*
Apple Crisp*
Pumpkin Pie

GLUTEN FREEDA'S
Frozen Cookie Dough
(*Assorted flavors*)

GLUTINO
Frozen Entrees (*Asst. Flavors*)

HEALTHY TIMES
Teddy Puffs*
Teddy Puffs Apple Cinnamon

LUNDBERG
Hot n' Creamy Rice Cereal

NATURE'S PATH
Corn Flakes
Honey'd Corn Flakes
Mesa Sunrise
Crispy Rice

NEW MORNING
Cocoa Crispy Rice
Cocoa Otios*
Apple Cinnamon Otios*
Otios*
CocoMotion*

PERKY'S
Nutty Flax
Nutty Rice
Perky O's (*Asst. flavors*)

POCONO
Kasha

PUFFINS
Milk and Cereal Bars*
Cinnamon Cereal*
Original*
Peanut Butter*
Honey Rice*

SAUCES & MIXES

DIXIE DINERS
Sloppy Joe Mix
Beef Not! Strips
Turkey Not! Strips

Savory Herb Gravy Mix
(*Vegetarian*)
Chicken flavored Gravy Mix
Brown Gravy Mix
Tomato Soup Mix
Dark Mushroom Soup Mix

EDWARD & SONS
Miso Cup Golden Vegetable
Soup
Miso Cup Savory Soup
w/Seaweed
Miso Cup Traditional soup
with tofu*
Miso Cup Reduced Sodium
Soup*

ORGANIC COUNTRY
Herb Medley Bouillon Cube

ORGANIC GOURMET
Hollandaise Mix
Béarnaise Sauce Mix
Vegetable Bouillon (*low sodium is not Gluten-free*)

MAYACAMAS
Skillet Toss Mix (*Seafood pasta, spicy pasta*)

SEITENBACKER
Chicken Style Gravy Mix

PASTA SAUCES

AMY'S
Garlic Mushroom
Wild Mushroom
Puttanesca
Tomato Basil
Roasted Garlic

Family Marinara
Low Sodium Marinara

MAYACAMAS
Creamy Clam Pasta Sauce Mix
Pesto Sauce Mix



BREAD

ENER-G
Raisin Loaf
Egg-free Raisin Loaf
Tapioca Loaf
White Rice Loaf
White Rice Yeast-free Loaf
Tapioca Hamburger Buns
Hótdog Buns

Manna from Heaven*
Mama Bear Bread*

KINNIKINNICK
Alta Hot Dog Buns
Tapioca Rice Bagels
Brown Sandwich Bread
Honey Brown Rice Bread
Yeast-Free Candads
Italian White Tapioca Rice Bread
Bagels
Muffins
Sandwich Bread
Hotdog Buns
Donuts
Dinner Buns

ENJOY LIFE
Bagels

FRENCH MEADOW

Rye Bread*
Rye with sun flour seed*
Salt-free Rye Bread*
Rye with Flax Seed*
Women's Tortillas
Wheat Alternatives:
Spelt Bagels
Spelt Bread

FOOD FOR LIFE

Wheat Alternatives – Spelt*
Rice Almond
White
Millet*
China Black Rice
Bhutanese Red Rice Bread
Brown Rice
Rice Pecan
Raisin Pecan
White Rye
Brown Rice Tortillas

PACIFIC BAKERY
Wheat Alternatives:
Ancient Grain Organic Bread
Kamut Cinnamon Raisin
Kamut Raisin Almond
Kamut Organic
Kamut White
Spelt with Cinnamon Raisin
Spelt White
Spelt Multigrain
Spelt Organic

GLUTINO
Cinnamon Raisin Bread
Cinnamon Bread
Flaxseed Bread

RUDOLPH'S
Rye Bread*
Rye Bread w/ Sourdough Culture*
Rye with Linseed*
Rye with Sunflower Seed*

RUDY'S
Wheat Alternative:
Spelt Tortillas

SONOMA
Wraps
Corn Tortillas

HEALTH SEED
Wheat Alternatives: Spelt

JULIAN BAKERY
Bless Your Heart*

While there are many products in our stores that do not list gluten or wheat in their ingredients list, we have chosen to include on this list, only those items that say "Gluten-Free" or "Wheat-Free" on their labels. Nutritionals, manufacturers, and ingredients change, please read every product label carefully.

**Denotes Wheat Free only*

NOODLES, RICE & MIXES

ANNIE CHUN
Rice Noodles
Pad Thai Rice Noodles
Pad Thai Hunan Chile
Pad Thai Basil

MITOKU
Bifun Rice Noodles

THAI KITCHEN
Instant Rice Noodle Soup (*Spring onion, garlic, lemongrass*)
Spicy Thai Chili Jasmine Rice
Wild Rice Noodles
Stir Fry Rice Noodles

EDEN
Wheat-free Bifun Pasta*

FLOUR, PANCAKE, WAFFLE & BAKING MIXES

ARROWHEAD MILLS
Wild Rice Pancake & Waffle Mix
Pancake & Baking Mix
Amaranth Flour
Brownie Mix
Rye Flour*
Buckwheat Flour
Barley Flour*
Millet Flour
White Rice Flour
Yellow Corn Meal
Soy Flour*
Blue Corn Meal
Cake Mix

Cornbread Mix
Coffee Cake Mix
Pancake and Waffle Mix
Cookie and Muffin Mix
Cake and Cookie Mix
Muffin and Bread Mix

ANCIENT HARVEST
Quinoa Flour
Quinoa

ENER-G
Rice Mix
Egg Replacer
SoyQuik
Sweet Rice Flour
Rice Polish
Tapioca Flour
Rice Bran
Bread Crumbs

AUTHENTIC FOODS
Brown Rice Flour Superfine
White Rice Flour Superfine
Sorghum Flour
Tapioca Flour
Bread Mix
Chocolate Cake Mix
Vanilla Cake Mix
Lemon Cake Mix
Garfava Flour
Cinnamon Bread Mix
Falafel
Almond Meal
Pie Crust
Pizza Crust

FERN
Rice Baking Mix
Brown Rice Baking Mix

GLUTEN FREE PANTRY
French Bread & Pizza Mix
Chocolate Truffle Brownie Mix

BOB'S RED MILL
Pancake Mix

CHERRYBROOK KITCHEN
Cookie Mix
Brownie Mix
Cake Mixes (*Asst. flavors*)
Frosting (*Asst. flavors*)
Pancake & Waffle Mix
Muffin Mix

GILLIAN'S FOODS
Bread Crumbs

ENER-G
Bread Crumbs

GLUTEN FREE PANTRY
French Bread & Pizza Mix
Chocolate Truffle Brownie Mix

GLUTINO
Cake Mix (*White & Chocolate*)

KINNIKINNICK
Mixes: Cake, Bread, Buns,
Pancake & Waffle &
Coating

NAMASTE FOODS
Cake Mix
Cookie Mix
Pizza Crust Mix
Muffin Mix
Brownie Mix
Waffle & Pancake Mix

THE CRAVINGS PLACE
Cookie Mix (*Asst. flavors*)
Cake Mix (*Asst. flavors*)
Brownie Mix

PAMELA'S
Pancake & Baking Mix
Frosting (*Asst. flavors*)