

# WHOLE FOOD PLANT-BASED PRODUCT GUIDE



Feeling overwhelmed trying to figure out which products at your grocery store are whole food plant-based compliant? This guide was created to help show you the way. Though the list does not include every single product option, it is a good place to start. All products listed below are plant-based, oil-free, and sugar-free.

## Pastas & Grains

[Barley](#)  
[Brown Rice](#)  
[Brown Rice Pasta](#)  
[Buckwheat](#)  
[Buckwheat and Brown Soba Rice Noodles](#)  
[Bulgar](#)  
[Chickpea pasta](#)  
[Farro](#)  
[Green Lentil Spaghetti](#)  
[Oats](#)  
[Organic Millet & Brown Rice Ramen](#)  
[Polenta](#)  
[Quinoa](#)  
[Quinoa Pasta](#)  
[Whole Grain Pasta](#)  
[Wild Rice](#)

## Plant Milk

[Elmhurst Plant-Based Milks](#)  
[Malk Organics](#)  
[Westsoy Soy Milk](#)

## Crackers

[Organic Mary's Gone Crackers](#)  
[Ryvita Crispbread](#)  
[Wasa Crispbread](#)

## Dips, Dressings, Condiments

[Amy's Kitchen Salsa](#)  
[Annie's Organic Horseradish Mustard](#)  
[Bragg Liquid Aminos](#)  
[Bragg Nutritional Yeast](#)  
[Bragg Oil-Free Vinaigrette](#)  
[Cedar's Oil-Free Hummus](#)  
[Good Foods Queso Style Dip](#)  
[Siete Foods Blanco Cashew Queso](#)  
[Simple Truth Plant-Based Spicy Queso](#)  
[Simple Truth Tzatziki Cauliflower Dip](#)  
[True Made Foods Vegetable Ketchup](#)

## Cereals

[Arrowhead Mills Cereals](#)  
[Food for Life Cereals](#)  
[Grape-Nuts Breakfast Cereal](#)  
[Kashi Simply Raisin Whole Wheat Biscuit](#)  
[Rip's Big Bowl](#)  
[Uncle Sam Toasted Whole Wheat Berry](#)

## Bread, Tortillas

[Food For Life Bread](#)  
[Food For Life Burger Buns](#)  
[Food For Life English Muffins](#)  
[Food for Life Tortillas](#)  
[365 by Whole Foods Market](#)  
[Organic Corn Tortillas](#)