

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Coral Springs Store, Florida 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 and casein-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

#### WFM Gluten Free Bakehouse

- Carrot Cake
- Molasses Ginger Cookies

### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Yellow Cake Mix

### Baking Needs (Cont'd)

#### Ener-G

- Egg Replacement
- Rice Bran
- Tapioca Flour

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### Beverages

#### So Delicious

- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Kefir
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

## **Bread**

### **Ener-G**

- Brown Rice Loaf
- High Fiber Loaf
- Light Brown Rice Loaf
- White Rice Bread

### **Glutino**

- Premium Corn Bread
- Premium Fiber Bread
- Premium Pizza Crusts

## **Candy and Chocolate**

### **Enjoy Life**

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

## **Chips/Pretzels/Snacks**

### **Glutino**

- Pretzels, Sesame Rings
- Pretzels, Twists

### **Hain Pure Food**

- Mini Munch Rice Snacks, Lightly Salted

## **Condiments**

### **Organicville**

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

## **Condiments (Cont'd)**

### **Organicville**

- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars

### **Glutino**

- Breakfast Bars, Blueberry

### **WFM Gluten Free Bakehouse**

- Molasses Ginger Cookies

## **Crackers**

### **Mary's Gone Crackers**

- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- Crackers, Original

## **Dairy Alternatives**

### **So Delicious**

- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt

## Dairy Alternatives (Cont'd)

### So Delicious

Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Raspberry Cultured Coconut Milk Yogurt  
Strawberry Banna Cultured Coconut Milk Yogurt  
Strawberry Coconut Milk Kefir  
Strawberry Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz  
Soy Beverage, Unsweetened Chocolate 32 oz

## Desserts

### So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

### WFM Gluten Free Bakehouse

Carrot Cake

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Brownie Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

### Ener-G

Rice Bran

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Popcorn Turkey Corn Dogs

### It's Soy Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert  
Green Tea Non-Dairy Frozen Dessert

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert  
Non-Dairy Creamy Fudge Bar  
Strawberry Non-Dairy Frozen Dessert

### Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert  
Chocolate Obsession Non-Dairy Frozen Dessert  
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mint Chocolate Chip Non-Dairy Frozen Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Turtle Trails Non-Dairy Frozen Dessert

### So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Coconut Almond Bar, Made with Coconut Milk  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### Sweet Nothings

Non-Dairy Fudge Bar

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free French Toast Sticks Cinnamon  
Wheat Free Homestyle Waffles  
Wheat Free Mini Homestyle Waffles

## Hair Care Products

### 365 Every Day Value™

Conditioner Fragrance Free  
Conditioner Herbal Mint  
Conditioner Lavender Blend  
Shampoo for Dry and Normal Herbal Mint  
Shampoo for Dry and Normal Lavender Blend  
Shampoo for Normal and Oily Fragrance Free  
Shampoo for Normal and Oily Herbal Mint  
Shampoo for Normal and Oily Lavender Blend

## Hand & Body Lotions

### 365 Every Day Value™

Body Lotion Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

Shower Gel Fragrance Free  
Shower Gel Herbal Mint  
Shower Gel Lavender Blend

## Jams and Nut Butters

### Arrowhead Mills

Creamy Peanut Butter, 26 oz  
Organic Creamy Peanut Butter, 16 oz  
Organic Crunchy Peanut Butter, 16 oz

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Tidal Wave 14 oz  
Extra Firm Tofu, Vacuum-Pack 12 oz  
Firm Tofu, Water-Pack 14 oz

## Nutritional Supplements

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle  
Alive!® (no iron added) / 180 Tb  
Alive!® (no iron added) / 30 Tb  
Alive!® (no iron added) / 90 Tb  
Alive!® (no iron added) / 90 Vcaps®  
Alive!® / 30 Tb  
Alive!® / 90 Tb  
Alive!® / 90 Vcaps®  
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

### Nature's Way Sambucus

Sambucus Immune Syrup / 8 oz  
Sambucus for Kids / 8 oz

### Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Children's Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
Umcka ColdCare® Menthol Syrup / 4 oz  
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw  
Umcka® Cold+Flu Orange Syrup / 4 oz.

### Rainbow Light

ALL-ZYME DOUBLE STRENGTH 90  
ALLERSTAN QUICK RESPONSE 30  
CALCIUM CITRATE MINI TABS 120  
CERTIFIED ORGANIC MENS MULTI 120  
DEEP DEFENSE 90  
EVERYDAY FIBER SYSTEM VCAPS 90  
GUMMY POWER SOURS 30  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90

## **Nutritional Supplements (Cont'd)**

### **Rainbow Light**

- MEN'S ONE MULTIVITAMIN 30
- PAIN - EZE 30
- PMS RELIEF 30
- PRENATAL ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL ONE MULTIVITAMIN 90
- PROBIOACTIVE 1B 90
- PROTEIN ENERGIZER VANILLA
- WOMEN'S NUTRITIONAL SYSTEM 180
- WOMEN'S ONE MULTIVITAMIN 150
- WOMEN'S ONE MULTIVITAMIN 30
- WOMEN'S ONE MULTIVITAMIN 90

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

- Not Nuts! Beach Bash Trail Mix
- Not Nuts! Mountain Mambo Trail Mix

## **Sauces/Salsas/Dips**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki