

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pinecrest 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

- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free Vanilla Cake 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
- Chocolate Frosting Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix

Ener-G

- Egg Replacement
- Rice Bran
- Tapioca Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

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

Beverages (Cont'd)

So Delicious

Vanilla Coconut Milk Kefir

Bread

Ener-G

Brown Rice Loaf
Brown Rice Loaf Yeast Free
High Fiber Loaf
Light Brown Rice Loaf
Tapioca Loaf
White Rice Bread

Glutino

Premium Corn Bread
Premium Fiber Bread
Premium Flax Seed 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

Enjoy Life

Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Glutino

Pretzels, Sesame Rings
Pretzels, Twists

Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

Chips/Pretzels/Snacks (Cont'd)

Mary's Gone Crackers

Sticks & Twigs, Curry

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

Cookies and Snack Bars

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Happy Apple Cookies
Soft Baked Lively Lemon Cookies
Soft Baked No-Oats "Oatmeal" Cookie
Soft Baked Snickerdoodle Cookies
Sunbutter Crunch Snack Bars
Very Berry Snack Bars

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- 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
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- 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 Bean Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

Desserts

Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

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
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Entrees and Mixes

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Sugar Cookie Mix

Ener-G

- Rice Bran

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Gluten Free Cafe

- Asian Noodles

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Almond Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

It's Soy Delicious

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

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Non-Dairy Creamy Fudge Bar
Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert
Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Pomegranate Chip 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
Vanilla Bar, Made with Coconut Milk
Vanilla Bean 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 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™

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

Jams and Nut Butters

Arrowhead Mills

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

Maranatha

Roasted Sesame Tahini

Meat Alternatives

WestSoy

Extra Firm Tofu, Tidal Wave 14 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!® / 180 Tb
Alive!® / 30 Tb
Alive!® / 90 Tb
Alive!® / 90 Vcaps®
Alive!® Rice/Pea Shake App-Cinn / 2.2 lbs
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs
Alive!® Soy Shake Vanilla / 1.3 lbs
Alive!® Soy Shake Vanilla / 2.2 lbs

Nature's Way Sambucus

Sambucus Immune Lozenge / 30
Sambucus Immune Syrup / 4 oz
Sambucus Immune Syrup / 8 oz
Sambucus Sugar-Free Syrup / 4 oz
Sambucus Syrup / 4 oz
Sambucus Syrup / 8 oz
Sambucus for Kids / 4 oz
Sambucus for Kids / 8 oz

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Children's Cherry FastActive / 10 Ct
Umcka ColdCare® Children's Cherry Syrup / 4 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Original Liquid / 1 oz
Umcka® Cold+Flu Orange Syrup / 4 oz.

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
ACTIVE SENIOR MULTIVITAMIN 30
ACTIVE SENIOR MULTIVITAMIN 90
ALLERSTAN QUICK RESPONSE 30
BLACK COHOSH MENOPAUSE RELIEF 1650 60

Nutritional Supplements (Cont'd)

Rainbow Light

CANDIDA CLEANSE 60
CHEWABLE CALCIUM CITRATE MULTI-MINS 45
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY FIBER SYSTEM VCAPS 90
EVERYONE'S OMEGA 60
FOOD-BASED CALCIUM 180
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
GUMMY VITAMIN C SLICES 30
JUST ONCE IRON-FREE MULTIVITAMIN 30
JUST ONCE IRON-FREE MULTIVITAMIN 60
JUST ONCE MULTIVITAMIN 30
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MEN'S ONE MULTIVITAMIN 150
NUTRISTART MULTIVITAMIN POWDER 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER ACAI
REJUVENAGE 40+ MULTI 60
SUPRACLEAR SINUS AND CHEST 30
THINBERRY OPTI-CURB
ULTRA ENERGY PLUS 60
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S NUTRITIONAL SYSTEM 120
WOMEN'S ONE MULTIVITAMIN 150

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 Mild Salsa
Organic Sesame Teriyaki