

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cincinnati Store, Mid-Atlantic 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

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour  
Long Grain Brown Rice Flour  
Millet Flour  
White Rice Flour  
Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix  
Vanilla Frosting Mix  
Yellow Cake Mix

#### Ener-G

Egg Replacement  
Rice Bran

### Baking Needs (Cont'd)

#### 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  
White Rice Loaf Yeast Free

## 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

## Chips/Pretzels/Snacks

### Mary's Gone Crackers

- Sticks & Twigs, Sea Salt

## Condiments

### Organicville

- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic 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 Snickerdoodle Cookies
- Very Berry Snack Bars

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

## Cookies and Snack Bars (Cont'd)

### WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- 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

## Dairy Alternatives (Cont'd)

### WestSoy

- 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 Frosting Mix
- Vanilla Frosting Mix

### Ener-G

- Rice Bran

## Ethnic Foods

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## Frozen Foods

### 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

## Frozen Foods (Cont'd)

### It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert

### Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert

### Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Pomegranate Chip 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

### Van's

- 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™

Shower Gel Fragrance Free

Shower Gel Herbal Mint

Shower Gel Lavender Blend

## Nutritional Supplements

### Nature's Way Alive!

Alive! Whole Food C, 120 Vcaps

Alive!® (no iron added) / 90 Tb

Alive!® (no iron added) / 90 Vcaps®

Alive!® / 180 Tb

Alive!® / 60 Tb

Alive!® / 90 Tb

Alive!® / 90 Vcaps®

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30

Sambucus Immune Syrup / 4 oz

Sambucus Immune Syrup / 8 oz

Sambucus Lozenge / 30

Sambucus Syrup / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw

Umcka ColdCare® Cherry Syrup / 4 oz

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Umcka ColdCare® Mint-Menthol Chewable / 20 Chw

Umcka ColdCare® Original Liquid / 1 oz

Umcka® Cold+Flu Berry Syrup / 4 oz.

### Pioneer Nutrition

Vitamin Mineral, Chewable- 180 Wafers

### Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90

ALL-ZYME DOUBLE STRENGTH 180

CERTIFIED ORGANIC MENS MULTI 120

CERTIFIED ORGANIC PRENATAL MULTI 120

CERTIFIED ORGANIC WOMENS MULTI 120

COMPLETE PRENATAL SYSTEM 180

COMPLETE PRENATAL SYSTEM 60

## Nutritional Supplements (Cont'd)

### Rainbow Light

FOOD-BASED CALCIUM 180

GUMMY POWER SOURS 30

JUST ONCE MULTIVITAMIN 30

KID'S ONE MULTISTARS 90

MAGNESIUM CALCIUM "+" 90

MEN'S ONE MULTIVITAMIN 150

MEN'S ONE MULTIVITAMIN 30

MEN'S ONE MULTIVITAMIN 90

PRENATAL ONE MULTIVITAMIN 150

PRENATAL ONE MULTIVITAMIN 30

PRENATAL PETITE MULTIVITAMIN 90

PROTEIN ENERGIZER CHOCOLATE

PROTEIN ENERGIZER VANILLA

VITAMIN D 1,000 IU GUMMIES 50

WOMEN'S ONE MULTIVITAMIN 30

WOMEN'S ONE MULTIVITAMIN 90

## Sauces/Salsas/Dips

### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki