

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Louisville 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

- Carrot Cake
- Morning Glory Muffins

Baking Needs

Arrowhead Mills

- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- White Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Pancake & Waffle Mix
- Vanilla Frosting Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Yellow Cake Mix

Ener-G

- Egg Replacement
- Rice Bran

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
- Vanilla Coconut Milk Kefir

Candy and Chocolate

Enjoy Life

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

Mary's Gone Crackers

Sticks & Twigs, Sea Salt

Condiments

Organicville

Organic Dressing, French
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce
Organic Tangy 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 Snickerdoodle Cookies
Very Berry Snack Bars

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

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

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

WFM Gluten Free Bakehouse

Carrot Cake

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

Dark Chocolate Bars - individual bars

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix
Chocolate Frosting Mix
Pancake & Waffle Mix
Vanilla Frosting Mix

Ener-G

Rice Bran

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free

Frozen Foods (Cont'd)

Ian's Natural Foods

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

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert
Green Tea Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough (Gluten Free) Non-Dairy Frozen 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
Purely Vanilla 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)

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Flax Waffles
- Wheat Free French Toast Sticks Cinnamon
- Wheat Free 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

Nutritional Supplements

Nature's Way Alive!

- Alive! Liquid Vitamin-30 oz. bottle
- Alive!® / 180 Tb
- Alive!® / 90 Vcaps®
- Alive!® Soy Shake Vanilla / 2.2 lbs

Nature's Way Sambucus

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

Nutritional Supplements (Cont'd)

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® Menthol Syrup / 4 oz
- Umcka ColdCare® Original Liquid / 1 oz
- Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz
- Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

- ACTIVE SENIOR MULTIVITAMIN 30
- ACTIVE SENIOR MULTIVITAMIN 90
- CALCIUM CITRATE MINI TABS 120
- CERTIFIED ORGANIC MENS MULTI 120
- CHEWABLE CALCIUM CITRATE MULTI-MINS 45
- COMPLETE IRON SYSTEM 60
- CONGEST-AWAY 60
- EVERYDAY CALCIUM WITH ENZYMES 120
- FOOD-BASED CALCIUM 180
- FOOD-BASED CALCIUM 90
- GUMMY OMEGALICIOUS 30
- GUMMY POWER SOURS 30
- KID'S ONE MULTISTARS 30
- KID'S ONE MULTISTARS 90
- MEN'S ONE MULTIVITAMIN 150
- MEN'S ONE MULTIVITAMIN 30
- MINTASURE 75
- NUTRISTART MULTIVITAMIN POWDER 30
- PRENATAL ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL PETITE MULTIVITAMIN 90
- PROTEIN ENERGIZER VANILLA
- REJUVENAGE 40+ MULTI 120
- SUPER C 1000 60
- VITAMIN D 1,000 IU GUMMIES 50
- VITAMIN D 400 IU GUMMIES 60
- WOMEN'S ONE MULTIVITAMIN 150
- WOMEN'S ONE MULTIVITAMIN 30

Vibrant Health

- Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce