

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Mason 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
Pancake & Waffle Mix
Yellow Cake Mix

Ener-G

Egg Replacement
Rice Bran

Baking Needs (Cont'd)

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

Bread

Ener-G

Brown Rice Loaf
Brown Rice Loaf Yeast Free

Bread (Cont'd)

Ener-G

Tapioca Hamburger Buns

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

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 Gingerbread Spice Cookie

Soft Baked Snickerdoodle Cookies

Very Berry Snack Bars

Cookies and Snack Bars (Cont'd)

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

French Vanilla Coconut Milk Creamer

Hazelnut Coconut Milk Creamer

Original (Plain) Coconut Milk Beverage

Original (Plain) Coconut Milk Creamer

Original (Plain) Coconut Milk Kefir

Passionate Mango Cultured Coconut Milk Yogurt

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

Desserts

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Chocolate 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
Pancake & Waffle Mix

Ener-G

Rice Bran

Ethnic Foods

Organicville

Organic Island 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

Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

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

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Obsession Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert
Pomegranate Chip Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

Purely Vanilla 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
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 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™

Conditioner Fragrance Free
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!® / 90 Vcaps®

Nature's Way Primadophilus

Primadophilus® Reuteri Pearls / 60 Pearls

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz
Sambucus Syrup / 8 oz
Sambucus for Kids / 4 oz
Sambucus for Kids / 8 oz

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
ACTIVE SENIOR MULTIVITAMIN 90
CALCIUM CITRATE MINI TABS 120
COMPLETE PRENATAL SYSTEM 360
EVERYDAY CALCIUM WITH ENZYMES 120
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MEN'S ONE MULTIVITAMIN 150
NUTRISTART MULTIVITAMIN POWDER 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
SUPER C 1000 60
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Curcuminoids-95+

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce