

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Vienna 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

### Baking Needs

#### Arrowhead Mills

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

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix  
Pancake & Waffle Mix  
Vanilla Frosting Mix  
Yellow Cake Mix

#### Ener-G

Egg Replacement  
Rice Bran

### Baking Needs (Cont'd)

#### 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  
High Fiber Loaf  
Tapioca Loaf

## Candy and Chocolate

### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk 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, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic 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

## 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
- 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

## Desserts

### Purely Decadent

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

## Desserts (Cont'd)

### So Delicious

Chocolate 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

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix  
Pancake & Waffle 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 Fish Sticks, Allergen Free  
Popcorn Turkey Corn Dogs

### It's Soy Delicious

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

## Frozen Foods (Cont'd)

### Organic So Delicious

Creamy Vanilla 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  
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
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  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Bar, Made with Coconut Milk  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### Sweet Nothings

Non-Dairy Fudge Bar

### Van's

Wheat Free Blueberry 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

## 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! Liquid Vitamin-30 oz. bottle  
Alive! Whole Food C, Pwd 120 g

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30  
Sambucus Immune Syrup / 4 oz  
Sambucus Immune Syrup / 8 oz  
Sambucus Lozenge / 30  
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 Thisilyn

Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
Umcka ColdCare® Menthol Syrup / 4 oz  
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

### Pioneer Nutrition

Comprehensive Eye Health Formula- 60 tab

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30  
ACTIVE HEALTH TEEN MULTIVITAMIN 90

## Nutritional Supplements (Cont'd)

### Rainbow Light

CANDIDA CLEANSE 60  
CERTIFIED ORGANIC PRENATAL MULTI 120  
CHEWABLE CALCIUM CITRATE MULTI-MINS 45  
COMPLETE B-COMPLEX 90  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY POWER SOURS 30  
JUST ONCE MULTIVITAMIN 120  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 150  
PROTEIN ENERGIZER ACAI  
PROTEIN ENERGIZER VANILLA  
REJUVENAGE 40+ MULTI 60  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30

## Sauces/Salsas/Dips

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki