

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wynnewood 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

White Rice Flour

Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Vanilla Frosting Mix

Yellow Cake Mix

Ener-G

Egg Replacement

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

Tapioca Loaf

Bread (Cont'd)

Ener-G

White Rice Bread

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

Condiments

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Soft Baked Chewy Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookie

Soft Baked Snickerdoodle Cookies

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 (Cont'd)

Mary's Gone Crackers

Crackers, Herb

Crackers, Onion

Dairy Alternatives

So Delicious

Blueberry Cultured Coconut Milk Yogurt

Chocolate Cultured Coconut Milk Yogurt

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

Plus Soy Beverage, Plain 64 oz

Desserts

So Delicious

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
Vanilla Frosting Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

It's Soy Delicious

Green Tea Non-Dairy Frozen Dessert
Vanilla 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

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Pomegranate Chip Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
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 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 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!® (no iron added) / 90 Tb
Alive!® / 90 Vcaps®

Nature's Way Sambucus

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

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Original Liquid / 1 oz
Umcka® Cold+Flu Orange Syrup / 4 oz.

Pioneer Nutrition

Calcium Magnesium- 120 tab

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
COMPLETE B-COMPLEX 90
COMPLETE NUTRITIONAL SYSTEM 180
COMPLETE PRENATAL SYSTEM 180

Nutritional Supplements (Cont'd)

Rainbow Light

ENERGIZER ONE MULTIVITAMIN 90
EVERYONE'S OMEGA 60
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY POWER SOURS 30
JUST ONCE IRON-FREE MULTIVITAMIN 120
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MEN'S ONE MULTIVITAMIN 30
NAIL, HAIR & SKIN CONNECTION 60
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
SUPER C 1000 60
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S NUTRITIONAL SYSTEM 180
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce