

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Chicago Ave Store, Midwest 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

Honey Oat Bread

Baking Needs

Arrowhead Mills

Buckwheat Flour

Long Grain Brown Rice Flour

Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix

Vanilla Frosting Mix

Ener-G

Egg Replacement

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

Brown Rice Loaf Yeast Free

Light Brown Rice Loaf

Tapioca Loaf

Glutino

Premium Cinnamon & Raisin Bread

Premium Fiber Bread

Premium Flax Seed Bread

Premium Pizza Crusts

Bread (Cont'd)

WFM Gluten Free Bakehouse

Honey Oat Bread

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

Organic Yellow Corn Grits

Sweetened Organic Rice Flakes

Enjoy Life

Very Berry Crunch Granola

Condiments

Organicville

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Snack Bars

Soft Baked Chewy Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Happy Apple Cookies

Soft Baked Lively Lemon Cookies

Cookies and Snack Bars (Cont'd)

Enjoy Life

Sunbutter Crunch Snack Bars

Glutino

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

Dairy Alternatives (Cont'd)

So Delicious

Vanilla Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free
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

Chocolate Peanut Butter Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert
Chocolate Velvet Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Non-Dairy Creamy Fudge Bar
Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen
Coconut Milk Dessert
Cookie Dough (Gluten Free) Non-Dairy Frozen
Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk
Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Peanut Butter Zig Zag Non-Dairy Frozen 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
Kidz Assorted Fruit Pops
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 Buckwheat 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 Washes

365 Every Day Value™

- Conditioner Fragrance Free
- Shower Gel Fragrance Free
- Shower Gel Herbal Mint
- Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

- Creamy Peanut Butter, 26 oz
- Crunchy Peanut Butter, 26 oz
- Organic Crunchy Peanut Butter, 16 oz

Meat Alternatives

WestSoy

- Extra Firm Tofu, Tidal Wave 14 oz

Nutritional Supplements

Nature's Way Alive!

- Alive! Liquid Vitamin-30 oz. bottle
- Alive!® (no iron added) / 90 Vcaps®
- Alive!® Rice/Pea Shake Vanilla / 1.3 lbs
- Alive!® Rice/Pea Shake Vanilla / 2.2 lbs

Nutritional Supplements (Cont'd)

Nature's Way Sambucus

- Sambucus Sugar-Free Syrup / 4 oz
- Sambucus Syrup / 4 oz
- Sambucus for Kids / 4 oz

Nature's Way Umcka

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

Rainbow Light

- ACTIVE HEALTH TEEN MULTIVITAMIN 90
- CERTIFIED ORGANIC MENS MULTI 120
- CERTIFIED ORGANIC PRENATAL MULTI 120
- COMPLETE PRENATAL SYSTEM 60
- ENERGIZER ONE MULTIVITAMIN 90
- EVERYDAY CALCIUM WITH ENZYMES 240
- FOOD-BASED CALCIUM 180
- FOOD-BASED CALCIUM 90
- GUMMY OMEGALICIOUS 30
- GUMMY POWER SOURS 30
- JUST ONCE MULTIVITAMIN 60
- MEN'S ONE MULTIVITAMIN 150
- MEN'S ONE MULTIVITAMIN 90
- PRENATAL ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 90
- WOMEN'S NUTRITIONAL SYSTEM 180
- WOMEN'S ONE MULTIVITAMIN 150
- WOMEN'S ONE MULTIVITAMIN 30
- WOMEN'S ONE MULTIVITAMIN 90

Sauces/Salsas/Dips

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Tangy BBQ Sauce