

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Gold Coast 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.

### Baking Needs

#### Arrowhead Mills

Yellow Corn Meal

#### Ener-G

Egg Replacement

#### Enjoy Life

Semi-Sweet Chocolate Chips

### Beverages

#### So Delicious

Original (Plain) Coconut Milk Beverage

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

### Cereal

#### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

#### Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

### Chips/Pretzels/Snacks

#### Mary's Gone Crackers

Sticks & Twigs, Sea Salt

## Condiments

### Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- 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
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- 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
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- French Vanilla Coconut Milk Creamer

## Dairy Alternatives (Cont'd)

### So Delicious

- Hazelnut Coconut Milk Creamer
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Passionate Mango Cultured Coconut Milk Yogurt
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pina Colada Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- 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
- Soy Beverage, Unsweetened Chocolate 32 oz

## Desserts

### Purely Decadent

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

### So Delicious

- 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

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Ian's Chicken Nuggets, Allergen Free  
Popcorn Turkey Corn Dogs

### **It's Soy Delicious**

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

### **Organic So Delicious**

Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert  
Non-Dairy Creamy Fudge Bar

### **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  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Pomegranate Chip Non-Dairy Frozen Dessert

### **So Delicious**

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 Bean Non-Dairy Frozen Coconut Milk  
Dessert

## **Frozen Foods (Cont'd)**

### **Sweet Nothings**

Non-Dairy Fudge Bar

### **Van's**

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat 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 Washes**

### **365 Every Day Value™**

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

## **Jams and Nut Butters**

### **Arrowhead Mills**

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

## **Meat Alternatives**

### **WestSoy**

Extra Firm Tofu, Tidal Wave 14 oz  
Extra Firm Tofu, Vacuum-Pack 12 oz

## Nutritional Supplements

### Nature's Way Alive!

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

### Nature's Way Sambucus

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

### Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Children's Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
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 SENIOR MULTIVITAMIN 30  
CANDIDA CLEANSE 60  
COMPLETE B-COMPLEX 90  
COMPLETE PRENATAL SYSTEM 360  
EVERYDAY CALCIUM WITH ENZYMES 240  
GUMMY BEAR ESSENTIALS 30  
JUST ONCE MULTIVITAMIN 120  
JUST ONCE MULTIVITAMIN 30  
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  
MINTASURE 75  
NUTRISTART MULTIVITAMIN POWDER 30  
PERFORMANCE ENERGY MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30

## Nutritional Supplements (Cont'd)

### Rainbow Light

PRENATAL ONE MULTIVITAMIN 90  
PROTEIN ENERGIZER VANILLA  
SUPER C 1000 120  
VITAMIN D 1,000 IU GUMMIES 100  
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

Joint Vibrance Powder

## Nuts/Seeds/Dried Fruits

### Enjoy Life

Not Nuts! Beach Bash Trail Mix

## Sauces/Salsas/Dips

### Organicville

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