

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Madison 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

- Carrot Cake
- Honey Oat Bread
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Long Grain Brown Rice Flour
- Millet Flour
- Yellow Corn Meal

#### Ener-G

- Egg Replacement
- Rice Bran

### Baking Needs (Cont'd)

#### 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

#### Glutino

- Premium Cinnamon & Raisin Bread
- Premium Fiber Bread

## **Bread (Cont'd)**

### **Glutino**

Premium Pizza Crusts

### **WFM Gluten Free Bakehouse**

Honey Oat 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

Organic Yellow Corn Grits

Sweetened Organic Rice Flakes

### **Enjoy Life**

Cinnamon Crunch Granola

Very Berry Crunch Granola

## **Condiments**

### **Organicville**

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

## **Condiments (Cont'd)**

### **Organicville**

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 Happy Apple Cookies

Soft Baked Lively Lemon Cookies

Soft Baked Snickerdoodle Cookies

Sunbutter Crunch Snack Bars

### **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 Non-Dairy Frozen Coconut Milk Dessert

Coconut 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

## Dairy Alternatives (Cont'd)

### So Delicious

Passionate Mango Cultured Coconut Milk Yogurt  
Plain Cultured Coconut Milk Yogurt  
Raspberry 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  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### WFM Gluten Free Bakehouse

Carrot Cake

## Entrees and Mixes

### Ener-G

Rice Bran

## Ethnic Foods

### Organicville

Organic Island Teriyaki

## Frozen Foods

### It's Soy Delicious

Vanilla Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Organic So Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert  
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

Chocolate Obsession Non-Dairy Frozen Dessert  
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert  
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Peanut Butter Zig Zag 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  
Vanilla Bar, Made with Coconut Milk  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### 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

## Hair Care Products (Cont'd)

### 365 Every Day Value™

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

## Jams and Nut Butters

### Arrowhead Mills

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

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Tidal Wave 14 oz  
Firm Tofu, Water-Pack 14 oz

## Nutritional Supplements

### Nature's Way Alive!

Alive!® / 180 Tb  
Alive!® / 90 Vcaps®

### Nature's Way Sambucus

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

### Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

## Nutritional Supplements (Cont'd)

### Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka® Cold+Flu Orange Syrup / 4 oz.

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30  
B-COMPLETE 90  
COMPLETE B-COMPLEX 90  
COMPLETE MENOPAUSE MULTIVITAMIN 120  
COMPLETE NUTRITIONAL SYSTEM 180  
COMPLETE PRENATAL SYSTEM 60  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
JUST ONCE IRON-FREE MULTIVITAMIN 60  
JUST ONCE MULTIVITAMIN 120  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
PMS RELIEF 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PRENATAL PETITE MULTIVITAMIN 90  
PROTEIN ENERGIZER ACAI  
PROTEIN ENERGIZER VANILLA  
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

## Nuts/Seeds/Dried Fruits

### Enjoy Life

Not Nuts! Beach Bash Trail Mix

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki

Organic Mild Salsa

Organic Tangy BBQ Sauce