

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Regency 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
- Molasses Ginger Cookies

### Baking Needs

#### Arrowhead Mills

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

#### Ener-G

- Egg Replacement
- Potato Flour
- Potato Flour (Fine)
- Rice Bran
- Sweet Rice Flour
- Tapioca Flour

### Baking Needs (Cont'd)

#### Ener-G

- White Rice Flour

#### 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
- Brown Rice Loaf Yeast Free
- Tapioca Loaf
- White Rice Bread
- White Rice Loaf Yeast Free

### **Glutino**

- Premium Flax Seed Bread
- 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

## **Chips/Pretzels/Snacks**

### **Ener-G**

- Wylde Pretzels

### **Mary's Gone Crackers**

- Sticks & Twigs, Sea Salt

## **Condiments**

### **Organicville**

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette

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

### **Organicville**

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce
- 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 Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry 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 Cultured Coconut Milk Yogurt
- Chocolate Non-Dairy Frozen Coconut Milk Dessert

## Dairy Alternatives (Cont'd)

### So Delicious

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  
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

## Desserts (Cont'd)

### So Delicious

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Entrees and Mixes

### Ener-G

Rice Bran

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Gluten Free Cafe

Asian Noodles

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
French Toast Sticks, Wheat Free Gluten Free  
Ian's Fish Sticks, Allergen Free  
Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

### It's Soy Delicious

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

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert  
Mocha Fudge 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

## Frozen Foods (Cont'd)

### Purely Decadent

Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Pomegranate Chip Non-Dairy Frozen Dessert  
Purely Vanilla 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  
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 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 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

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

## Meat Alternatives

### WestSoy

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

## Nutritional Supplements

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle  
Alive!® (no iron added) / 180 Tb  
Alive!® (no iron added) / 90 Tb  
Alive!® (no iron added) / 90 Vcaps®  
Alive!® / 90 Tb  
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

### Nature's Way Sambucus

Sambucus Syrup / 4 oz  
Sambucus Syrup / 8 oz  
Sambucus for Kids / 4 oz

### Nature's Way Thisilyn

Thisilyn® Herbal Cleansing Kit / 1 kit

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

## **Nutritional Supplements (Cont'd)**

### **Nature's Way Umcka**

Umcka® Cold+Flu Orange Syrup / 4 oz.

### **Rainbow Light**

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
ALL-ZYME DOUBLE STRENGTH 180  
B-COMPLETE 90  
CERTIFIED ORGANIC PRENATAL MULTI 120  
CERTIFIED ORGANIC WOMENS MULTI 120  
COMPLETE NUTRITIONAL SYSTEM 240  
COMPLETE PRENATAL SYSTEM 180  
EVERYDAY CALCIUM WITH ENZYMES 120  
FOOD-BASED CALCIUM 180  
GUMMY BEAR ESSENTIALS 30  
GUMMY POWER SOURS 30  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MAGNESIUM CALCIUM "+" 180  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 90  
MINTASURE 75  
NUTRISTART MULTIVITAMIN POWDER 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
REJUVENAGE 40+ MULTI 120  
VITAMIN D 1,000 IU GUMMIES 100  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S ONE MULTIVITAMIN 90

### **Vibrant Health**

Curcuminoids-95+

## **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 Sesame Teriyaki  
Organic Tangy BBQ Sauce