

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



St Paul 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
- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Frosting Mix

Ener-G

- Egg Replacement
- Tapioca Flour
- Xanthan Gum

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

Glutino

- Premium Flax Seed Bread

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

Enjoy Life

- Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Mary's Gone Crackers

- Sticks & Twigs, Curry
- Sticks & Twigs, Sea Salt

Condiments

Organicville

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- 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 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

Cookies and Snack Bars (Cont'd)

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- Crackers, Orginal

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
- 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

Dairy Alternatives (Cont'd)

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

Desserts

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

Entrees and Mixes

Arrowhead Mills

- Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Frosting Mix

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Ian's Fish Sticks, Allergen Free

It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- 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
- Creamy Vanilla Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Organic So Delicious

- Non-Dairy Creamy Fudge Bar

Purely Decadent

- Cookie Dough (Gluten Free) Non-Dairy Frozen 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 Bar, Made with Coconut Milk
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

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 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, 26 oz
Organic Creamy Peanut Butter, 26 oz

Meat Alternatives

WestSoy

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

Nutritional Supplements

Nature's Way Alive!

Alive!® (no iron added) / 90 Vcaps®
Alive!® / 180 Tb
Alive!® / 90 Vcaps®
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Nature's Way Sambucus

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

Nature's Way Thisilyn

Thisilyn® Mineral Cleansing Kit / 1 kit

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Menthol Syrup / 4 oz
Umcka ColdCare® Original Liquid / 2 oz

Nutritional Supplements (Cont'd)

Rainbow Light

3-WAY STRESS MANAGEMENT SYSTEM 90
CANDIDA CLEANSE 60
CERTIFIED ORGANIC MENS MULTI 120
CERTIFIED ORGANIC PRENATAL MULTI 120
CERTIFIED ORGANIC WOMENS MULTI 120
COMPLETE B-COMPLEX 180
COMPLETE B-COMPLEX 90
FOOD-BASED CALCIUM 180
GUMMY BEAR ESSENTIALS 30
GUMMY POWER SOURS 30
JUST ONCE MULTIVITAMIN 120
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
MINTASURE 75
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 90
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER VANILLA
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Mild Salsa
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce