

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Bloomfield 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

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix

#### Ener-G

- Egg Replacement
- Potato Flour
- Rice Bran
- Tapioca Flour

### Baking Needs (Cont'd)

#### Ener-G

- White Rice Flour
- Xanthan Gum

#### 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

- Tapioca Loaf
- White Rice Loaf Yeast Free

### Glutino

- Premium Corn Bread
- Premium Fiber Bread
- 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

### Mary's Gone Crackers

- Sticks & Twigs, Sea Salt

## Condiments

### Organicville

- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup

## Condiments (Cont'd)

### Organicville

- 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

### 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
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer

## Dairy Alternatives (Cont'd)

### So Delicious

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 Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz  
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

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix

### Ener-G

Rice Bran

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free

### It's Soy Delicious

Vanilla Non-Dairy Frozen Dessert

### Organic So Delicious

Creamy Vanilla 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 Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mint Chocolate Chip Non-Dairy Frozen Dessert  
Mocha Almond Fudge 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  
Kidz Assorted Fruit Pops

## Frozen Foods (Cont'd)

### So Delicious

Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Bar, Made with Coconut Milk

### 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

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

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Tidal Wave 14 oz

## Nutritional Supplements

### Nature's Way Alive!

Alive!® / 90 Vcaps®

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30  
Sambucus for Kids / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Children's Cherry FastActive / 10 Ct  
Umcka ColdCare® Children's Cherry Syrup / 4 oz  
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  
ACTIVE SENIOR MULTIVITAMIN 30  
ACTIVE SENIOR MULTIVITAMIN 90  
ALLERSTAN QUICK RESPONSE 30  
ENERGIZER ONE MULTIVITAMIN 90  
EVERYONE'S OMEGA 60  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
GUMMY POWER SOURS 30  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MAGNESIUM CALCIUM "+" 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 90  
NAIL, HAIR & SKIN CONNECTION 60

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

### **Rainbow Light**

PERFORMANCE ENERGY MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 90  
PRENATAL PETITE MULTIVITAMIN 180  
PRENATAL PETITE MULTIVITAMIN 90  
SUPER C 1000 60  
VITAMIN D 1,000 IU GUMMIES 100  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S ANSWER MULTIVITAMIN 180  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

### **Vibrant Health**

Curcuminoids-95+

## **Sauces/Salsas/Dips**

### **Organicville**

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