

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Bedford Store, North Atlantic 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
- Molasses Ginger Cookies

### Baking Needs

#### Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Fudge Brownie Mix

### Baking Needs (Cont'd)

#### Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix
- Yellow Cake Mix

#### Ener-G

- Egg Replacement
- Potato Flour
- Rice Bran
- Tapioca 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 Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

## **Candy and Chocolate**

### **Enjoy Life**

- 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
- Sweetened Organic Rice Flakes

### **Enjoy Life**

- Cinnamon Crunch Granola

## **Chips/Pretzels/Snacks**

### **Ener-G**

- Crisp Pretzels

## **Chips/Pretzels/Snacks (Cont'd)**

### **Glutino**

- Pretzels, Sesame Rings

### **Hain Pure Food**

- Mini Munch Rice Snacks, Lightly Salted

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

- Sticks & Twigs, Sea Salt

## **Condiments**

### **Organicville**

- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon 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
- Very Berry Snack Bars

### **Glutino**

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

### **Orgran**

- Outback Animals - Chocolate Cookies

### **WFM Gluten Free Bakehouse**

- Molasses Ginger Cookies

## **Cosmetics**

### **Crazy Rumors**

- Bubble Gum Lip Balm
- Lemonade Lip Balm

## Cosmetics (Cont'd)

### Crazy Rumors

- Limeade Lip Balm
- Mint Chocolate Lip Balm
- Pink Grapefruit Juice Lip Balm
- Raspberry Sherbet Lip Balm

## Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- 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
- 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
- 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

- 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
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

- Dark Chocolate Bars - individual bars

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix

### Ener-G

- Rice Bran

## Ethnic Foods

### Organicville

- Organic Island Teriyaki

## Frozen Foods

### Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free

### Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mint Marble Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert
- Non-Dairy Creamy Fudge Bar

### Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- 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
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Peanut Butter Zig Zag 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
- Mocha Almond Fudge 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
- Non-Dairy Fudge Bar, 6-pack

## Frozen Foods (Cont'd)

### 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 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

## Nutritional Supplements

### Nature's Way

- ¿0¿ Vegetarian capsules (box) / 100

### Nature's Way Sambucus

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

### Nature's Way Umcka

- Umcka ColdCare® Cherry Chewable / 20 Chw

## Nutritional Supplements (Cont'd)

### Nature's Way Umcka

Umcka ColdCare® Children's Cherry FastActive / 10 Ct  
Umcka ColdCare® Children's Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw

### Pioneer Nutrition

Women's Transition, Menopause 60ct

### Pioneer Nutrition

Iron Free 1+1 Vitamin Mineral- 120 Cap  
Veg Cal Mag- 180 tab  
Vitamin Mineral 1+, Iron Free  
Vitamin Mineral, Chewable- 180 Wafers  
Vitamin Mineral- 90

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30  
ACTIVE HEALTH TEEN MULTIVITAMIN 90  
ACTIVE SENIOR MULTIVITAMIN 90  
BUSY BRAIN RELEASE 60  
CALCIUM CITRATE MINI TABS 120  
COMPLETE B-COMPLEX 90  
COMPLETE IRON SYSTEM 60  
COUNTER ATTACK 30  
EVERYDAY CALCIUM WITH ENZYMES 120  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 180  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
GUMMY POWER SOURS 30  
JUST ONCE IRON-FREE MULTIVITAMIN 120  
KID'S ONE MULTISTARS 90  
MAGNESIUM CALCIUM "+" 180  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 150  
PROBIOACTIVE 1B 90  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
ULTRA ENERGY PLUS 60  
VITAMIN D 1,000 IU GUMMIES 50  
VITAMIN D 400 IU GUMMIES 60

## Nutritional Supplements (Cont'd)

### Rainbow Light

WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 90

## Nuts/Seeds/Dried Fruits

### Enjoy Life

Not Nuts! Beach Bash Trail Mix

## Pasta

### Orgran

Buckwheat Spirals  
Rice & Millet Spirals

## Sauces/Salsas/Dips

### Organicville

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