

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fresh Pond 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

- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Frosting Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Fudge Brownie Mix
- Pancake & Waffle Mix
- Vanilla Frosting Mix
- Yellow Cake Mix

Ener-G

- Egg Replacement
- Potato Flour
- 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
- Tapioca Loaf

Glutino

- Premium Corn Bread
- Premium Fiber 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

Enjoy Life

- Very Berry Crunch Granola

Chips/Pretzels/Snacks

Glutino

- Pretzels, Sesame Rings

Hain Pure Food

- Mini Munch Rice Snacks, Lightly Salted

Condiments

Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate 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 Lively Lemon Cookies
- Very Berry Snack Bars

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

Orgran

- Outback Animals - Chocolate Cookies
- Outback Animals - Vanilla Cookies

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

Cosmetics

Crazy Rumors

- Banana Split Lip Balm
- Berry Bubble Lip Balm
- Coral Lip Color
- Mint Chocolate Lip Balm
- Peppermint Twist Lip Balm
- Pineapple & Peppermint Lip Balm

Cosmetics (Cont'd)

Crazy Rumors

- Plum & Peppermint Lip Balm
- Spiced Chai Lip Balm

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
- 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

Dairy Alternatives (Cont'd)

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
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

- Dark Chocolate Bars - individual bars

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Frosting Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Vanilla Frosting Mix

Ethnic Foods

Organicville

- Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free
French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Popcorn Turkey Corn Dogs

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert
Chocolate Peanut Butter Non-Dairy Frozen Dessert
Green Tea 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
Mint Marble Fudge 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
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

Frozen Foods (Cont'd)

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
Non-Dairy Fudge Bar, 6-pack

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
Crunchy Peanut Butter, 26 oz

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

Nature's Way Sambucus

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

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Cherry Syrup / 8 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw
Umcka ColdCare® Original Liquid / 1 oz
Umcka ColdCare® Original Liquid / 2 oz
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz
Umcka® Cold+Flu Berry Syrup / 4 oz.

Pioneer Nutrition

Calcium Magnesium, Vegetarian- 120 tab
Calcium Magnesium, Vegetarian- 60 tab
Veg Cal Mag- 180 tab
Vitamin Mineral 1+, Iron Free

Nutritional Supplements (Cont'd)

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30
ACTIVE HEALTH TEEN MULTIVITAMIN 90
ACTIVE SENIOR MULTIVITAMIN 90
ADVANCED NUTRITIONAL SYSTEM IRON-FREE
ALL-ZYME DOUBLE STRENGTH 90
BUSY BRAIN RELEASE 60
CERTIFIED ORGANIC PRENATAL MULTI 120
CHEWABLE CALCIUM CITRATE MULTI-MINS 45
COUNTER ATTACK 30
ENERGY B-COMPLEX 45
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
SUPRACLEAR SINUS AND CHEST 30
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Mountain Mambo 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