

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Hadley 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
- Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

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

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix

### Baking Needs (Cont'd)

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie 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**

### **Glutino**

- Premium Fiber Bread
- Premium Flax Seed 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

## **Cereal**

### **Arrowhead Mills**

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

### **Enjoy Life**

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

## **Chips/Pretzels/Snacks**

### **Glutino**

- Pretzels, Sesame Rings

### **Hain Pure Food**

- Mini Munch Rice Snacks, Apple Cinnamon
- Mini Munch Rice Snacks, Lightly Salted

## **Condiments**

### **Organicville**

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

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

### **Organicville**

- Organic Dressing, Olive Oil & Balsamic 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
- 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**

- Amaretto Lip Balm
- Bubble Gum Lip Balm
- French Vanilla Lip Balm
- Grape Bubble Lip Balm
- Lemonade Lip Balm
- Mint Bubble Lip Balm
- Mint Chocolate Lip Balm
- Pink Grapefruit Juice Lip Balm
- Raspberry Sherbet Lip Balm

## **Crackers**

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

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb

## Crackers (Cont'd)

### Mary's Gone Crackers

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  
Raspberry 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

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

### WFM Gluten Free Bakehouse

Carrot Cake

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

Dark Chocolate Bars - individual bars

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking Mix  
Gluten Free Brownie Mix

### Cherrybrook Kitchen Gluten Free Dreams

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

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
French Toast Sticks, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free

### It's Soy Delicious

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  
Neopolitan Non-Dairy Frozen Dessert  
Non-Dairy Creamy Fudge Bar  
Strawberry Non-Dairy Frozen Dessert

### Purely Decadent

Cherry Nirvana 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  
Mocha Almond Fudge 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  
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

## Frozen Foods (Cont'd)

### Sweet Nothings

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  
Alive! Whole Food C, Pwd 120 g  
Alive!® / 180 Tb  
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

### Nature's Way Sambucus

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

### Nature's Way Thisilyn

Thisilyn® Daily Cleanse / 90 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Children's Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
Umcka ColdCare® Menthol Syrup / 4 oz  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka® Cold+Flu Berry Syrup / 4 oz.

### Pioneer Nutrition

1+ Vitamin Mineral 60ct tabs  
Iron Free Chewable Vitamin Mineral 90ct  
Vitamin B Complex- 120 tab  
Vitamin C Complex- 500mg- 180 tab  
Women's Transition, Menopause 60ct

### Pioneer Nutrition

1+1 Vitamin Mineral- 60 Cap  
B Complex- 60 tab  
Calcium Magnesium, Vegetarian- 120 tab  
Calcium Magnesium- 120 tab  
Calcium Magnesium- 60 tab  
Digestive Enzymes Complex- 60 tab  
Glucosamine Chondroitin Complex- 120 tab  
Iron Free 1+1 Vitamin Mineral- 120 Cap  
Veg Cal Mag- 180 tab  
Vegetarian Cal Mag- 90 Cap  
Vitamin Mineral, Chewable- 180 Wafers

## Nutritional Supplements (Cont'd)

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
ACTIVE SENIOR MULTIVITAMIN 90  
ADVANCED NUTRITIONAL SYSTEM IRON-FREE  
B-COMPLETE 45  
BUSY BRAIN RELEASE 60  
COMPLETE IRON SYSTEM 60  
COMPLETE NUTRITIONAL IRON-FREE  
COMPLETE NUTRITIONAL SYSTEM 180  
COMPLETE PRENATAL SYSTEM 180  
ENERGIZER ONE MULTIVITAMIN 30  
ENERGY B-COMPLEX 45  
EVERYDAY CALCIUM WITH ENZYMES 120  
EVERYDAY CALCIUM WITH ENZYMES 240  
EVERYONE'S OMEGA 60  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY OMEGALICIOUS 30  
GUMMY POWER SOURS 30  
JUST ONCE IRON-FREE MULTIVITAMIN 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
MILK THISTLE PLUS 60  
NAIL, HAIR & SKIN CONNECTION 60  
PERFORMANCE ENERGY MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PRENATAL PETITE MULTIVITAMIN 90  
PROTEIN ENERGIZER ACAI  
PROTEIN ENERGIZER VANILLA  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S NUTRITIONAL SYSTEM 120  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

## 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 Sesame Teriyaki
- Organic Tangy BBQ Sauce