

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Providence 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

Baking Needs

Arrowhead Mills

Gluten Free All Purpose Baking Mix
Long Grain Brown Rice Flour
Soy Flour
Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

Yellow Cake Mix

Ener-G

Potato Flour
Tapioca Flour

Baking Needs (Cont'd)

Enjoy Life

Semi-Sweet Chocolate Chips

Beverages

So Delicious

Original (Plain) Coconut Milk Beverage
Strawberry Coconut Milk Kefir
Unsweetened Coconut Milk Beverage
Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir

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

Organic Rice & Shine Hot Cereal
Organic Yellow Corn Grits

Condiments

Organicville

Organic Dressing, French
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Orange Cranberry Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sesame Tamari Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce
Organic Tangy BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Snack Bars
Soft Baked Snickerdoodle Cookies
Very Berry Snack Bars

Glutino

Breakfast Bars, Blueberry

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Cosmetics

Crazy Rumors

Berry Bubble Lip Balm
Orange Bergamot Lip Balm
Pink Grapefruit Juice Lip Balm
Raspberry Sherbet Lip Balm

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Herb
Crackers, Onion

Crackers (Cont'd)

Mary's Gone Crackers

Crackers, Original

Dairy Alternatives

So Delicious

Blueberry Cultured Coconut Milk Yogurt
Coconut Non-Dairy Frozen Coconut Milk Dessert
French Vanilla Coconut Milk Creamer
Hazelnut Coconut Milk Creamer
Original (Plain) Coconut Milk Beverage
Original (Plain) Coconut Milk Creamer
Pina Colada Cultured Coconut Milk Yogurt
Strawberry Banna Cultured Coconut Milk Yogurt
Strawberry Coconut Milk Kefir
Unsweetened Coconut Milk Beverage
Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

WestSoy

Plus Soy Beverage, Plain 64 oz

Desserts

So Delicious

Coconut Non-Dairy Frozen Coconut Milk Dessert

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Fingers, Allergen Free
Ian's Chicken Nuggets, Allergen Free

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Coconut Non-Dairy Frozen Coconut Milk Dessert
Kidz Assorted Fruit Pops

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 Herbal Mint

Hand & Body Lotions

365 Every Day Value™

Body Lotion Lavender Blend

Hand & Body Washes

365 Every Day Value™

Shower Gel Fragrance Free
Shower Gel Herbal Mint
Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

Creamy Peanut Butter, 26 oz

Nutritional Supplements

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz
Sambucus Lozenge / 30
Sambucus Syrup / 4 oz
Sambucus for Kids / 8 oz

Nature's Way Umcka

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90
B-COMplete 45
B-COMplete 90
BUSY BRAIN RELEASE 60
COMPLETE B-COMplex 90
EVERYONE'S OMEGA 60
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
JUST ONCE IRON-FREE MULTIVITAMIN 120
KID'S ONE MULTISTARS 30
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 90
NAIL, HAIR & SKIN CONNECTION 60
PROBIOACTIVE 1B 90
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S NUTRITIONAL SYSTEM 180
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Medium Salsa

Sauces/Salsas/Dips (Cont'd)

Organicville

Organic Mild Salsa

Organic Pineapple Salsa

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce