

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## River Street 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.

### Baking Needs

#### Arrowhead Mills

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

#### Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix
- Yellow Cake Mix

#### Ener-G

- Egg Replacement
- Potato Flour
- Tapioca Flour

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### Baking Needs (Cont'd)

#### Hain

- Baking Powder

### Beverages

#### So Delicious

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

### Bread

#### Ener-G

- Brown Rice Loaf
- White Rice Bread

#### Glutino

- Premium Corn Bread
- Premium Fiber Bread

## **Bread (Cont'd)**

### **Glutino**

Premium Flax Seed Bread

## **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

Organic Yellow Corn Grits

## **Chips/Pretzels/Snacks**

### **Hain Pure Food**

Mini Munch Rice Snacks, Lightly Salted

## **Condiments**

### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Happy Apple Cookies

Soft Baked Snickerdoodle Cookies

### **Glutino**

Breakfast Bars, Apple

Breakfast Bars, Blueberry

### **Orgran**

Outback Animals - Chocolate Cookies

Outback Animals - Vanilla Cookies

## **Cosmetics**

### **Crazy Rumors**

Limeade Lip Balm

Mint Bubble 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

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

Vanilla Cultured Coconut Milk Yogurt

## Dairy Alternatives (Cont'd)

### WestSoy

- 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

### Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix

## Ethnic Foods

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

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

## Frozen Foods (Cont'd)

### It's Soy Delicious

- 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

- 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
- 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
- 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
- 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 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!® / 90 Tb

### Nature's Way Sambucus

- Sambucus Lozenge / 30
- Sambucus for Kids / 4 oz
- Sambucus for Kids / 8 oz

## Nutritional Supplements (Cont'd)

### Nature's Way Umcka

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

### Pioneer Nutrition

- 1+ Vitamin Mineral 60ct tabs
- Chewable Vitamins / Minerals- 90 tab

### Rainbow Light

- ACTIVE HEALTH TEEN MULTIVITAMIN 90
- B-COMPLETE 45
- COMPLETE PRENATAL SYSTEM 180
- COMPLETE PRENATAL SYSTEM 360
- COUNTER ATTACK 30
- ENERGIZER ONE MULTIVITAMIN 30
- FOOD-BASED CALCIUM 180
- FOOD-BASED CALCIUM 90
- GUMMY BEAR ESSENTIALS 30
- KID'S ONE MULTISTARS 90
- MEN'S ONE MULTIVITAMIN 150
- MEN'S ONE MULTIVITAMIN 30
- MEN'S ONE MULTIVITAMIN 90
- PERFORMANCE ENERGY MULTIVITAMIN 180
- PERFORMANCE ENERGY MULTIVITAMIN 90
- PRENATAL ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL ONE MULTIVITAMIN 90
- PRENATAL PETITE MULTIVITAMIN 90
- PROTEIN ENERGIZER ACAI
- PROTEIN ENERGIZER CHOCOLATE
- VITAMIN D 1,000 IU GUMMIES 50
- VITAMIN D 400 IU GUMMIES 60
- WOMEN'S ONE MULTIVITAMIN 150
- WOMEN'S ONE MULTIVITAMIN 30

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki

Organic Medium Salsa

Organic Mild Salsa

Organic Pineapple Salsa

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce