

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Woburn 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

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
Fudge Brownie Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix
Yellow Cake Mix

Ener-G

Egg Replacement
Potato Flour
Rice Bran

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

Beverages (Cont'd)

So Delicious

Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir

Bread

Ener-G

Brown Rice Loaf
Brown Rice Loaf Yeast Free
Light Brown Rice Loaf
Tapioca Loaf
White Rice Bread

Glutino

Premium Corn Bread
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
Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

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

Enjoy Life

Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Ener-G

Sesame Pretzel Rings

Glutino

Pretzels, Sesame Rings

Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

Chips/Pretzels/Snacks (Cont'd)

Mary's Gone Crackers

Sticks & Twigs, Curry
Sticks & Twigs, Sea Salt
Sticks & Twigs, Tomato Chipotle

Condiments

Organicville

Organic Dressing, French
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce
Organic Tangy BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Snickerdoodle Cookies
Very Berry Snack Bars

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Orgran

Outback Animals - Vanilla Cookies

Cosmetics

Crazy Rumors

Banana Split Lip Balm
Bubble Gum Lip Balm
Pink Grapefruit Juice Lip Balm

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Caraway
Crackers, Herb
Crackers, Onion

Crackers (Cont'd)

Mary's Gone Crackers

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
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

Cherrybrook Kitchen Gluten Free Dreams

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

Ener-G

Rice Bran

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Fingers, Allergen Free

Frozen Foods (Cont'd)

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

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

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
Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Obsession 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
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, 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

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 Herbal Mint
Shower Gel Lavender Blend

Meat Alternatives

WestSoy

Extra Firm Tofu, Tidal Wave 14 oz

Nutritional Supplements

Nature's Way Alive!

Alive!® (no iron added) / 90 Tb

Nature's Way Sambucus

Sambucus Lozenge / 30
Sambucus for Kids / 8 oz

Nutritional Supplements (Cont'd)

Nature's Way Umcka

- Umcka ColdCare® Cherry Syrup / 8 oz
- Umcka ColdCare® Children's Cherry FastActive / 10 Ct
- Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
- Umcka ColdCare® Menthol Syrup / 4 oz
- 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

Pioneer Nutrition

- Children's Multi 120ct

Pioneer Nutrition

- Calcium Magnesium- 120 tab

Rainbow Light

- ACTIVE HEALTH TEEN MULTIVITAMIN 30
- ACTIVE HEALTH TEEN MULTIVITAMIN 90
- ACTIVE SENIOR MULTIVITAMIN 90
- COMPLETE NUTRITIONAL SYSTEM 240
- COUNTER ATTACK 30
- EVERYDAY CALCIUM WITH ENZYMES 240
- FOOD-BASED CALCIUM 180
- FOOD-BASED CALCIUM 90
- GUMMY BEAR ESSENTIALS 30
- GUMMY OMEGALICIOUS 30
- GUMMY POWER SOURS 30
- JUST ONCE IRON-FREE MULTIVITAMIN 120
- JUST ONCE MULTIVITAMIN 120
- KID'S ONE MULTISTARS 30
- KID'S ONE MULTISTARS 90
- PMS RELIEF 30
- PRENATAL ONE MULTIVITAMIN 30
- PROTEIN ENERGIZER ACAI
- THINBERRY DIET 60
- 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

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