

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sacramento Store, Northern California 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
- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Pancake & Waffle Mix
- Yellow Cake Mix

Ener-G

- Egg Replacement
- Rice Bran

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Beverages

So Delicious

- Original (Plain) Coconut Milk Beverage
- Original (Plain) 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 w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

Cereal (Cont'd)

Enjoy Life

Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Glutino

Pretzels, Sesame Rings

Pretzels, Sticks

Pretzels, Twists

Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

Condiments

Organicville

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sesame Goddess

Organic Dressing, Sundried Tomato & Garlic 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 Gingerbread Spice Cookie

Soft Baked Happy Apple Cookies

Soft Baked Snickerdoodle Cookies

Very Berry Snack Bars

Cookies and Snack Bars (Cont'd)

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

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

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

Pina Colada Cultured Coconut Milk Yogurt

Plain Cultured Coconut Milk Yogurt

Raspberry Cultured Coconut Milk Yogurt

Strawberry Banna Cultured Coconut Milk Yogurt

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

Plus Soy Beverage, Plain 64 oz

Soy Beverage, Unsweetened Chocolate 32 oz

Desserts

Earth Cafe

Gluten Free (Wheat-free), Dairy-free (Vegan),
Living(Raw) Cheesecake - Blueberry

Gluten Free (Wheat-free), Dairy-free (Vegan),
Living(Raw) Cheesecake - Car

Gluten Free (Wheat-free), Dairy-free (Vegan),
Living(Raw) Cheesecake - Raspberry

Gluten Free (Wheat-free), Dairy-free (Vegan),
Living(Raw) Cheesecake - Strawberry

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen
Coconut Milk Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Mocha Almond Fudge Non-Dairy Frozen Coconut
Milk Dessert

Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

Pancake & Waffle Mix

Ener-G

Rice Bran

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

Frozen Foods (Cont'd)

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert

Green Tea Non-Dairy Frozen Dessert

Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert

Mocha Fudge Non-Dairy Frozen Dessert

Purely Decadent

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

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Coconut Almond Bar, Made with Coconut Milk

Mocha Almond Fudge Non-Dairy Frozen Coconut
Milk Dessert

Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Blueberry Waffles

Wheat Free Buckwheat Waffles

Wheat Free Flax Waffles

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

Hair Care Products (Cont'd)

365 Every Day Value™

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

Maranatha

Roasted Sesame Tahini

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive! Whole Food C, 120 Vcaps
Alive!® (no iron added) / 30 Tb
Alive!® (no iron added) / 90 Vcaps®
Alive!® / 90 Tb
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs
Alive!® Rice/Pea Shake Vanilla / 2.2 lbs

Nature's Way Primadophilus

Primadophilus® Reuteri Pearls / 60 Pearls

Nature's Way Sambucus

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

Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Menthol Syrup / 4 oz

Nutritional Supplements (Cont'd)

Nature's Way Umcka

Umcka ColdCare® Mint-Menthol Chewable / 20 Chw
Umcka ColdCare® Original Liquid / 1 oz
Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90
CERTIFIED ORGANIC MENS MULTI 120
CERTIFIED ORGANIC WOMENS MULTI 120
CHEWABLE CALCIUM CITRATE MULTI-MINS 45
COMPLETE NUTRITIONAL SYSTEM 180
ENERGIZER ONE MULTIVITAMIN 90
EVERYDAY CALCIUM WITH ENZYMES 240
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY VITAMIN C SLICES 30
JUST ONCE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 90
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 30

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa
Organic Pineapple Salsa
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce