

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Franklin 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

- Pancake & Waffle Mix

Ener-G

- Egg Replacement

Enjoy Life

- Semi-Sweet Chocolate Chips

Beverages

So Delicious

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

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

Enjoy Life

- Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Ener-G

- Sesame Pretzel Rings

Chips/Pretzels/Snacks (Cont'd)

Glutino

Pretzels, Sesame Rings
Pretzels, Sticks
Pretzels, Twists

Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

Mary's Gone Crackers

Sticks & Twigs, Sea Salt

Condiments

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

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
Passionate Mango Cultured Coconut Milk Yogurt
Plain Cultured Coconut Milk Yogurt
Unsweetened Coconut Milk Beverage
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
Vanilla Coconut Milk Beverage
Vanilla Cultured Coconut Milk Yogurt

WestSoy

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
Mocha Almond Fudge 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

Arrowhead Mills

Gluten Free Brownie Mix

Entrees and Mixes (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

Ethnic Foods

Organicville

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

It's Soy Delicious

Green Tea Non-Dairy Frozen Dessert

Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert

Purely Decadent

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

Purely Vanilla 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

Frozen Foods (Cont'd)

Van's

Wheat Free Blueberry 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 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

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

Alive!® (no iron added) / 90 Vcaps®

Alive!® / 180 Tb

Alive!® / 90 Tb

Alive!® / 90 Vcaps®

Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Alive!® Soy Shake Vanilla / 1.3 lbs

Alive!® Soy Shake Vanilla / 2.2 lbs

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz

Sambucus Immune Syrup / 8 oz

Sambucus Lozenge / 30

Nutritional Supplements (Cont'd)

Nature's Way Sambucus

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

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
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.
Umcka® Cold+Flu Orange Syrup / 4 oz.

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90
ALL-ZYME DOUBLE STRENGTH 180
BUSY BRAIN RELEASE 60
CALCIUM CITRATE MINI TABS 120
CERTIFIED ORGANIC MENS MULTI 120
COMPLETE IRON SYSTEM 60
COMPLETE MENOPAUSE MULTIVITAMIN 60
COMPLETE NUTRITIONAL SYSTEM 180
COMPLETE NUTRITIONAL SYSTEM 240
COMPLETE PRENATAL SYSTEM 180
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY CALCIUM WITH ENZYMES 240
EVERYDAY FIBER SYSTEM VCAPS 90
EVERYONE'S OMEGA 60
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
GUMMY VITAMIN C SLICES 30
JUST ONCE MULTIVITAMIN 120
JUST ONCE MULTIVITAMIN 30
KID'S ONE MULTISTARS 30
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 90
NAIL, HAIR & SKIN CONNECTION 60

Nutritional Supplements (Cont'd)

Rainbow Light

NUTRISTART MULTIVITAMIN POWDER 30
PERFORMANCE ENERGY MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
SUPER C 1000 60
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Pineapple Salsa
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce