

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Los Gatos 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.

### Baked Goods

#### WFM Gluten Free Bakehouse

Molasses Ginger Cookies

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour  
Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Vanilla Frosting Mix  
Yellow Cake Mix

#### Ener-G

Egg Replacement

#### Enjoy Life

Semi-Sweet Chocolate Chips

### Beverages

#### So Delicious

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

### Bread

#### Ener-G

Bread Crumbs  
Brown Rice Loaf  
White Rice Bread

#### Glutino

Premium Corn Bread  
Premium Flax Seed Bread  
Premium Pizza Crusts

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

## Cereal

### Enjoy Life

Cinnamon Crunch Granola

## Chips/Pretzels/Snacks

### Glutino

Pretzels, Sesame Rings

## Condiments

### Organicville

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sesame Goddess  
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 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

### Glutino

Breakfast Bars, Blueberry

### WFM Gluten Free Bakehouse

Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

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

## Dairy Alternatives

### So Delicious

Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer  
Original (Plain) Coconut Milk Kefir  
Passionate Mango Cultured Coconut Milk Yogurt  
Plain Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt  
Strawberry Banna Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Cultured Coconut Milk Yogurt

## Desserts

### Earth Cafe

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

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Vanilla Frosting Mix

## 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

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert  
Mocha Fudge 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  
Turtle Trails Non-Dairy Frozen Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk

### 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  
Shampoo for Dry and Normal Herbal Mint  
Shampoo for Dry and Normal Lavender Blend  
Shampoo for Normal and Oily Herbal Mint

## 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!® (no iron added) / 180 Tb  
Alive!® (no iron added) / 90 Tb  
Alive!® / 90 Vcaps®

### Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz  
Sambucus Immune Syrup / 8 oz  
Sambucus Sugar-Free Syrup / 4 oz  
Sambucus Syrup / 4 oz

### Nature's Way Umcka

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

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30  
ACTIVE HEALTH TEEN MULTIVITAMIN 90  
B-COMplete 45  
CALCIUM CITRATE MINI TABS 120  
CERTIFIED ORGANIC PRENATAL MULTI 120  
CHEWABLE CALCIUM CITRATE MULTI-MINS 45  
COMPLETE IRON SYSTEM 60  
ENERGY B-COMPLEX 45  
EVERYDAY CALCIUM WITH ENZYMES 120  
EVERYDAY FIBER SYSTEM VCAPS 180  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
GUMMY VITAMIN C SLICES 30  
JUST ONCE IRON-FREE MULTIVITAMIN 120  
JUST ONCE MULTIVITAMIN 30  
MAGNESIUM CALCIUM "+" 180  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30

## **Nutritional Supplements (Cont'd)**

### **Rainbow Light**

MEN'S ONE MULTIVITAMIN 90  
MINTASURE 75  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 90  
PROBIOACTIVE 1B 90  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
SUPER C 1000 60  
SUPER C POWDER 4 OZ  
SUPRACLEAR SINUS AND CHEST 30  
VITAMIN D 1,000 IU GUMMIES 100  
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 Sesame Teriyaki  
Organic Tangy BBQ Sauce