

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Potrero Hill 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
- Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

#### Ener-G

- Egg Replacement

### Baking Needs (Cont'd)

#### 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
- Vanilla Coconut Milk Kefir

### Bread

#### Glutino

- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

## 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

### Glutino

- Pretzels, Sesame Rings
- Pretzels, Sticks
- Pretzels, Twists

### Hain Pure Food

- Mini Munch Rice Snacks, Lightly Salted

## Condiments

### Organicville

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Tangy BBQ Sauce

## Cookies and Snack Bars

### Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Snickerdoodle Cookies

## Cookies and Snack Bars (Cont'd)

### Glutino

- Breakfast Bars, Apple
- 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

- 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

## Dairy Alternatives (Cont'd)

### WestSoy

Plus Soy Beverage, Plain 64 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

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Brownie Mix

Gluten Free Chocolate Chip Cookie Mix

### Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

## Frozen Foods

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

### It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert

Green Tea Non-Dairy Frozen Dessert

Vanilla Non-Dairy Frozen Dessert

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

Creamy Vanilla Non-Dairy Frozen Dessert

Mocha Fudge Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Mint Chocolate Chip Non-Dairy Frozen Dessert

Mocha Almond Fudge 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

### Van's

Wheat Free Blueberry Waffles

Wheat Free Buckwheat Waffles

Wheat Free Flax Waffles

Wheat Free French Toast Sticks Cinnamon

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 Lotions

### 365 Every Day Value™

Body Lotion Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

Shower Gel Fragrance Free

Shower Gel Herbal Mint

## Hand & Body Washes (Cont'd)

### 365 Every Day Value™

Shower Gel Lavender Blend

## Nutritional Supplements

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

Alive!® (no iron added) / 90 Vcaps®

### Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz

Sambucus Immune Syrup / 8 oz

Sambucus for Kids / 4 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® Mint-Menthol Chewable / 20 Chw

Umcka ColdCare® Original Liquid / 1 oz

Umcka® Cold+Flu Berry Syrup / 4 oz.

Umcka® Cold+Flu Orange Syrup / 4 oz.

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30

ACTIVE SENIOR MULTIVITAMIN 30

BUSY BRAIN RELEASE 60

CALCIUM CITRATE MINI TABS 120

CERTIFIED ORGANIC MENS MULTI 120

CERTIFIED ORGANIC PRENATAL MULTI 120

CHEWABLE CALCIUM CITRATE MULTI-MINS 45

COMPLETE IRON SYSTEM 60

COMPLETE NUTRITIONAL SYSTEM 180

COMPLETE PRENATAL SYSTEM 360

COMPLETE PRENATAL SYSTEM 60

CONGEST-AWAY 60

ENERGIZER ONE MULTIVITAMIN 90

ENERGY B-COMPLEX 90

EVERYDAY FIBER SYSTEM VCAPS 90

FOOD-BASED CALCIUM 90

GUMMY BEAR ESSENTIALS 30

## Nutritional Supplements (Cont'd)

### Rainbow Light

GUMMY POWER SOURS 30

GUMMY VITAMIN C SLICES 30

JUST ONCE IRON-FREE MULTIVITAMIN 120

JUST ONCE IRON-FREE MULTIVITAMIN 30

JUST ONCE MULTIVITAMIN 60

MAGNESIUM CALCIUM "+" 90

MEN'S ONE MULTIVITAMIN 150

MEN'S ONE MULTIVITAMIN 30

MEN'S ONE MULTIVITAMIN 90

MINTASURE 75

PRENATAL ONE MULTIVITAMIN 150

PRENATAL ONE MULTIVITAMIN 30

PRENATAL ONE MULTIVITAMIN 90

PRENATAL PETITE MULTIVITAMIN 90

PROTEIN ENERGIZER CHOCOLATE

SUPER C 1000 60

SUPRACLEAR SINUS AND CHEST 30

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

## Sauces/Salsas/Dips

### Organicville

Organic Medium Salsa

Organic Pineapple Salsa

Organic Tangy BBQ Sauce