

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## San Ramon 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

Gluten Free Brownie Mix

Long Grain Brown Rice Flour

Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

Chocolate Chip Cookie Mix

Pancake & Waffle Mix

Yellow Cake Mix

#### Ener-G

Egg Replacement

### Baking Needs (Cont'd)

#### 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

### Bread

#### Ener-G

Bread Crumbs

## **Bread (Cont'd)**

### **Glutino**

Premium Cinnamon & Raisin Bread  
Premium Flax Seed Bread

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal

### **Enjoy Life**

Cinnamon Crunch Granola

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzels, Sesame Rings  
Pretzels, Sticks  
Pretzels, Twists

### **Mary's Gone Crackers**

Sticks & Twigs, Sea Salt

## **Condiments**

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Non Dairy Ranch  
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

## **Cookies and Snack Bars (Cont'd)**

### **Enjoy Life**

Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### **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  
Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer  
Original (Plain) Coconut Milk Kefir  
Plain Cultured Coconut Milk Yogurt  
Raspberry 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
- 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 - Raspberry

### Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

- Chocolate 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

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Pancake & Waffle 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
- Popcorn Turkey Corn Dogs

### Organic So Delicious

- 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
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert

### So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Almond Bar, Made with Coconut Milk
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### 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 Normal and Oily Fragrance Free
- Shampoo for Normal and Oily Herbal Mint
- Shampoo for Normal and Oily Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

- Conditioner Fragrance Free
- 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) / 180 Tb

Alive!® (no iron added) / 90 Tb

Alive!® (no iron added) / 90 Vcaps®

Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30

Sambucus Immune Syrup / 4 oz

Sambucus Immune Syrup / 8 oz

Sambucus Lozenge / 30

Sambucus Sugar-Free Syrup / 4 oz

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 Thisilyn

Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz

Umcka ColdCare® Children's Cherry FastActive / 10 Ct

Umcka ColdCare® Children's Cherry Syrup / 4 oz

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90

ACTIVE SENIOR MULTIVITAMIN 30

B-COMplete 45

BUSY BRAIN RELEASE 60

CERTIFIED ORGANIC PRENATAL MULTI 120

CERTIFIED ORGANIC WOMENS MULTI 120

COMPLETE B-COMplex 90

COMPLETE PRENATAL SYSTEM 180

COMPLETE PRENATAL SYSTEM 60

COUNTER ATTACK 30

## Nutritional Supplements (Cont'd)

### Rainbow Light

EVERYDAY CALCIUM WITH ENZYMES 120

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 60

KID'S ONE MULTISTARS 90

MEN'S ONE MULTIVITAMIN 30

NAIL, HAIR & SKIN CONNECTION 60

PERFORMANCE ENERGY MULTIVITAMIN 90

PRENATAL ONE MULTIVITAMIN 150

PRENATAL ONE MULTIVITAMIN 30

PRENATAL ONE MULTIVITAMIN 90

PROTEIN ENERGIZER VANILLA

REJUVENAGE 40+ MULTI 120

SUPRACLEAR SINUS AND CHEST 30

VITAMIN D 1,000 IU GUMMIES 100

VITAMIN D 400 IU GUMMIES 60

WOMEN'S NUTRITIONAL SYSTEM 120

WOMEN'S ONE MULTIVITAMIN 150

WOMEN'S ONE MULTIVITAMIN 90

## Sauces/Salsas/Dips

### Organicville

Organic Island Teriyaki

Organic Mild Salsa

Organic Pineapple Salsa

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce