

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sonoma 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

Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour

Gluten Free Vanilla Cake Mix

#### Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

#### Ener-G

Rice Bran

#### Enjoy Life

Semi-Sweet Chocolate Chips

#### Hain

Baking Powder

### Beverages

#### So Delicious

Original (Plain) Coconut Milk Beverage

Original (Plain) Coconut Milk Kefir

Strawberry Coconut Milk Kefir

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

### Bread

#### Glutino

Premium Cinnamon & Raisin Bread

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 w/ Crispy Rice Chocolate Bar

## Candy and Chocolate (Cont'd)

### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

## Cereal

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

## Chips/Pretzels/Snacks

### Glutino

Pretzels, Sticks

### Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

## Condiments

### Organicville

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

## Cookies and Snack Bars

### Enjoy Life

Caramel Apple Snack Bars

Cocoa Loco Snack Bars

Very Berry Snack Bars

### Glutino

Breakfast Bars, Apple

## 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

## Dairy Alternatives (Cont'd)

### So Delicious

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

Strawberry Coconut Milk Kefir

Unsweetened Coconut Milk Beverage

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Vanilla Coconut Milk Beverage

Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Plus Soy Beverage, Plain 64 oz

## Desserts

### Earth Cafe

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

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

### Ener-G

Rice Bran

## Frozen Foods

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

## Frozen Foods (Cont'd)

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Mint Chocolate Chip Non-Dairy Frozen Dessert

Mocha Almond Fudge Non-Dairy Frozen Dessert

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

### So Delicious

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 Homestyle Waffles

Wheat Free Mini Homestyle Waffles

## Hair Care Products

### 365 Every Day Value™

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 Herbal Mint

Shampoo for Normal and Oily Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

Shower Gel Fragrance Free

Shower Gel Herbal Mint

Shower Gel Lavender Blend

## Nutritional Supplements

### Nature's Way Alive!

Alive!® / 90 Tb

### Nature's Way Sambucus

Sambucus Syrup / 4 oz

Sambucus Syrup / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz

Umcka ColdCare® Cherry Syrup / 4 oz

Umcka ColdCare® Menthol Syrup / 4 oz

Umcka ColdCare® Mint-Menthol Chewable / 20 Chw

### Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 30

ACTIVE SENIOR MULTIVITAMIN 90

CHEWABLE CALCIUM CITRATE MULTI-MINS 45

EVERYDAY CALCIUM WITH ENZYMES 120

EVERYDAY FIBER SYSTEM VCAPS 180

FOOD-BASED CALCIUM 90

GUMMY VITAMIN C SLICES 30

PROTEIN ENERGIZER CHOCOLATE

PROTEIN ENERGIZER VANILLA

SUPER C 1000 60

SUPER C POWDER 4 OZ

VITAMIN D 400 IU GUMMIES 60

## Sauces/Salsas/Dips

### Organicville

Organic Tangy BBQ Sauce