

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



San Rafael 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

Carrot Cake

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

Yellow Cake Mix

Ener-G

Egg Replacement

Rice Bran

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

Strawberry Coconut Milk Kefir

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

Bread

Glutino

Premium Cinnamon & Raisin Bread

Premium Corn Bread

Bread (Cont'd)

Glutino

Premium Flax Seed Bread

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Mary's Gone Crackers

Sticks & Twigs, Sea Salt

Sticks & Twigs, Tomato Chipotle

Condiments

Organicville

Organic Dressing, Herbs de Provence 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

Soft Baked Gingerbread Spice Cookie

Soft Baked Happy Apple Cookies

Soft Baked Snickerdoodle Cookies

Very Berry Snack Bars

Cookies and Snack Bars (Cont'd)

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

Coconut 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 Coconut Milk Kefir

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

- Organic Soy Beverage, Unsweetened Original 64 oz
- 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 - Car
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Raspberry
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Strawberry

Purely Decadent

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

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

WFM Gluten Free Bakehouse

- Carrot Cake

Entrees and Mixes

Arrowhead Mills

- Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

Ener-G

- Rice Bran

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

Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Almond Bar, Made with Coconut Milk
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- 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 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 Dry and Normal Lavender Blend

Hair Care Products (Cont'd)

365 Every Day Value™

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™

Shower Gel Fragrance Free
Shower Gel Herbal Mint
Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

Organic Crunchy Peanut Butter, 26 oz

Maranatha

Roasted Sesame Tahini

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive! Whole Food C, Pwd 120 g
Alive!® / 90 Vcaps®
Alive!® Rice/Pea Shake App-Cinn / 1.3 lbs
Alive!® Rice/Pea Shake Vanilla / 2.2 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 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 Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Menthol Syrup / 4 oz

Nutritional Supplements (Cont'd)

Nature's Way Umcka

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

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
ACTIVE SENIOR MULTIVITAMIN 30
ACTIVE SENIOR MULTIVITAMIN 90
B-COMplete 45
BUSY BRAIN RELEASE 60
CALCIUM CITRATE MINI TABS 120
CERTIFIED ORGANIC MENS MULTI 120
CERTIFIED ORGANIC PRENATAL MULTI 120
COMPLETE B-COMPLEX 90
COMPLETE IRON SYSTEM 60
COMPLETE NUTRITIONAL SYSTEM 180
COMPLETE PRENATAL SYSTEM 180
COUNTER ATTACK 30
ENERGY B-COMPLEX 90
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY CALCIUM WITH ENZYMES 240
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY VITAMIN C SLICES 30
JUST ONCE MULTIVITAMIN 30
JUST ONCE MULTIVITAMIN 60
KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 90
PAIN - EZE 30
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
SUPER C 1000 60
SUPRACLEAR SINUS AND CHEST 30
VITAMIN D 1,000 IU GUMMIES 100
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

Nutritional Supplements (Cont'd)

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki

Organic Medium Salsa

Organic Mild Salsa

Organic Pineapple Salsa

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce