

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Walnut Creek 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.

Baking Needs

Arrowhead Mills

- Buckwheat Flour
- Gluten Free Brownie Mix
- Gluten Free Vanilla Cake Mix
- Long Grain Brown Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Pancake & Waffle Mix
- Yellow Cake Mix

Ener-G

- Egg Replacement
- Rice Bran

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

Ener-G

- Brown Rice Loaf Yeast Free
- Tapioca Loaf
- White Rice Bread

Glutino

- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- 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
- 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, Honey Nut

Condiments

Organicville

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sesame Goddess
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon 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 Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- Soft Baked Snickerdoodle Cookies

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
- 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
- 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

Dairy Alternatives (Cont'd)

So Delicious

Vanilla Cultured Coconut Milk Yogurt

WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz

Plus Soy Beverage, Plain 64 oz

Desserts

Earth Cafe

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

Mocha Almond Fudge 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

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

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert

Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert

Chocolate Velvet Non-Dairy Frozen Dessert

Creamy Vanilla Non-Dairy Frozen Dessert

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

Mint Chocolate Chip Non-Dairy Frozen Dessert

Mocha Almond Fudge Non-Dairy Frozen Dessert

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Kidz Assorted Fruit Pops

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

Frozen Foods (Cont'd)

Van's

- 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
- 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™

- 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! Whole Food C, Pwd 120 g
- Alive!® (no iron added) / 90 Vcaps®
- Alive!® / 180 Tb
- Alive!® / 90 Vcaps®

Nature's Way Sambucus

- Sambucus Immune Lozenge / 30
- Sambucus Immune Syrup / 4 oz
- Sambucus Lozenge / 30

Nutritional Supplements (Cont'd)

Nature's Way Sambucus

- 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

Nature's Way Thisilyn

- Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

- Umcka ColdCare® Alcohol Free Liquid / 1 oz
- Umcka ColdCare® Cherry Chewable / 20 Chw
- 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® Cold+Flu Berry Syrup / 4 oz.

Pioneer Nutrition

- 1+ Vitamin Mineral 60ct tabs

Pioneer Nutrition

- 1+1 Vitamin Mineral- 60 Cap

Rainbow Light

- ACTIVE HEALTH TEEN MULTIVITAMIN 90
- ACTIVE SENIOR MULTIVITAMIN 90
- BUSY BRAIN RELEASE 60
- CALCIUM CITRATE MINI TABS 120
- CERTIFIED ORGANIC PRENATAL MULTI 120
- CHEWABLE CALCIUM CITRATE MULTI-MINS 45
- COMPLETE IRON SYSTEM 60
- COMPLETE NUTRITIONAL SYSTEM 180
- COMPLETE NUTRITIONAL SYSTEM 240
- COMPLETE PRENATAL SYSTEM 360
- COUNTER ATTACK 30
- ENERGIZER ONE MULTIVITAMIN 30
- ENERGIZER ONE MULTIVITAMIN 90
- EVERYDAY CALCIUM WITH ENZYMES 120
- FOOD-BASED CALCIUM 180
- FOOD-BASED CALCIUM 90
- GUMMY VITAMIN C SLICES 30
- KID'S ONE MULTISTARS 30
- KID'S ONE MULTISTARS 90

Nutritional Supplements (Cont'd)

Rainbow Light

MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S NUTRITIONAL SYSTEM 120
WOMEN'S NUTRITIONAL SYSTEM 180
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Beach Bash Trail Mix
Not Nuts! Mountain Mambo Trail Mix

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa
Organic Pineapple Salsa
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce