

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Columbus Circle Store, Northeast 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
- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

Arrowhead Mills

- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Frosting Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix
- Yellow Cake Mix

Ener-G

- Egg Replacement
- 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 Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

Chips/Pretzels/Snacks

Glutino

- Pretzels, Sesame Rings

Mary's Gone Crackers

- Sticks & Twigs, Sea Salt

Condiments

Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch

Condiments (Cont'd)

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- 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

- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Happy Apple Cookies
- Soft Baked Snickerdoodle Cookies

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

Orgran

- Outback Animals - Vanilla Cookies

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
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- French Vanilla Coconut Milk Creamer

Dairy Alternatives (Cont'd)

So Delicious

Hazelnut Coconut Milk Creamer
Original (Plain) Coconut Milk Beverage
Original (Plain) Coconut Milk Creamer
Original (Plain) Coconut Milk Kefir
Passionate Mango Cultured Coconut Milk Yogurt
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Plain Cultured Coconut Milk Yogurt
Raspberry Cultured Coconut Milk Yogurt
Strawberry Coconut Milk Kefir
Unsweetened Coconut Milk Beverage
Vanilla Coconut Milk Beverage
Vanilla Cultured Coconut Milk Yogurt

WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz

Desserts

So Delicious

Coconut Non-Dairy Frozen Coconut Milk Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

WFM Gluten Free Bakehouse

Carrot Cake

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

Dark Chocolate Bars - individual bars

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix
Chocolate Frosting Mix
Fudge Brownie Mix
Pancake & Waffle Mix
Sugar Cookie Mix

Entrees and Mixes (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

Vanilla Frosting Mix

Ener-G

Rice Bran

Ethnic Foods

Organicville

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

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Chocolate Peanut Butter Non-Dairy Frozen Dessert
Green Tea Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert
Pomegranate Chip Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Coconut Non-Dairy Frozen Coconut Milk Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bar, Made with Coconut Milk

Frozen Foods (Cont'd)

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Buckwheat Waffles

Wheat Free French Toast Sticks Cinnamon

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

Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

Creamy Peanut Butter, 26 oz

Crunchy Peanut Butter, 26 oz

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

Alive! Whole Food C, 120 Vcaps

Alive!® / 60 Tb

Alive!® Rice/Pea Shake App-Cinn / 1.3 lbs

Alive!® Soy Shake Vanilla / 2.2 lbs

Nutritional Supplements (Cont'd)

Nature's Way Primadophilus

Primadophilus® Probia® Pearl / 60 Pearls

Primadophilus® Reuteri Pearls / 30 Pearls

Primadophilus® Reuteri Pearls / 60 Pearls

Nature's Way Sambucus

Sambucus Immune Lozenge / 30

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 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 ColdCare® Mint-Menthol Chewable / 20 Chw

Umcka ColdCare® Original Liquid / 1 oz

Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30

ACTIVE HEALTH TEEN MULTIVITAMIN 90

ACTIVE SENIOR MULTIVITAMIN 90

ALL-ZYME DOUBLE STRENGTH 90

BUSY BRAIN RELEASE 60

CALCIUM CITRATE MINI TABS 120

CANDIDA CLEANSE 60

CERTIFIED ORGANIC MENS MULTI 120

COMPLETE NUTRITIONAL IRON-FREE

COMPLETE NUTRITIONAL SYSTEM 180

COMPLETE PRENATAL SYSTEM 180

COMPLETE PRENATAL SYSTEM 60

COUNTER ATTACK 30

Nutritional Supplements (Cont'd)

Rainbow Light

EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY FIBER SYSTEM VCAPS 90
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
JUST ONCE MULTIVITAMIN 120
JUST ONCE MULTIVITAMIN 60
KID'S ONE MULTISTARS 30
MAGNESIUM CALCIUM "+" 180
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
PERFORMANCE ENERGY MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 90
PROBIOACTIVE 1B 90
ULTRA ENERGY PLUS 60
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S NUTRITIONAL SYSTEM 120
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

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