

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Greenwich 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 Vanilla Cake Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Fudge Brownie Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting 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

Bread

Glutino

Premium Flax Seed Bread

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Yellow Corn Grits

Chips/Pretzels/Snacks

Mary's Gone Crackers

Sticks & Twigs, Sea Salt

Condiments

Organicville

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

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

Soft Baked Chewy Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Very Berry Snack Bars

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

Cookies and Snack Bars (Cont'd)

Orgran

Outback Animals - Chocolate Cookies

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

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

Passionate Mango Cultured Coconut Milk Yogurt

Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

Plain Cultured Coconut Milk Yogurt

Strawberry Cultured Coconut Milk Yogurt

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Vanilla Cultured Coconut Milk Yogurt

WestSoy

Plus Soy Beverage, Plain 64 oz

Desserts

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Desserts (Cont'd)

So Delicious

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

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Fudge Brownie Mix

Pancake & Waffle Mix

Sugar Cookie Mix

Vanilla Frosting 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

It's Soy Delicious

Vanilla Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert

Purely Vanilla Non-Dairy Frozen Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Kidz Assorted Fruit Pops

Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Van's

Wheat Free Buckwheat 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

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!® (no iron added) / 30 Tb

Nature's Way Sambucus

Sambucus Immune Syrup / 8 oz

Sambucus Sugar-Free Syrup / 4 oz

Sambucus Syrup / 4 oz

Sambucus Syrup / 8 oz

Sambucus for Kids / 4 oz

Nutritional Supplements (Cont'd)

Nature's Way Sambucus

Sambucus for Kids / 8 oz

Nature's Way Thisilyn

Thisilyn® Herbal Cleansing Kit / 1 kit

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw

Umcka ColdCare® Children's Cherry FastActive / 10 Ct

Umcka ColdCare® Children's Cherry Syrup / 4 oz

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Umcka ColdCare® Menthol Syrup / 4 oz

Umcka ColdCare® Menthol Syrup / 8 oz

Umcka ColdCare® Original Liquid / 1 oz

Umcka® Cold+Flu Berry Syrup / 4 oz.

Umcka® Cold+Flu Orange Syrup / 4 oz.

Pioneer Nutrition

Children's Multi 120ct

Vitamin C Complex- 500mg- 180 tab

Pioneer Nutrition

B Complex- 60 tab

Calcium Magnesium, Vegetarian- 120 tab

Glucosamine Chondroitin Complex- 120 tab

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30

ACTIVE HEALTH TEEN MULTIVITAMIN 90

BUSY BRAIN RELEASE 60

COMPLETE PRENATAL SYSTEM 60

ENERGIZER ONE MULTIVITAMIN 30

EVERYDAY CALCIUM WITH ENZYMES 120

FOOD-BASED CALCIUM 180

FOOD-BASED CALCIUM 90

GUMMY OMEGALICIOUS 30

GUMMY POWER SOURS 30

JUST ONCE MULTIVITAMIN 120

JUST ONCE MULTIVITAMIN 30

KID'S ONE MULTISTARS 30

KID'S ONE MULTISTARS 90

MEN'S ONE MULTIVITAMIN 150

MEN'S ONE MULTIVITAMIN 90

NAIL, HAIR & SKIN CONNECTION 60

Nutritional Supplements (Cont'd)

Rainbow Light

NUTRISTART MULTIVITAMIN POWDER 30

PERFORMANCE ENERGY MULTIVITAMIN 180

PRENATAL ONE MULTIVITAMIN 150

PRENATAL PETITE MULTIVITAMIN 90

PROTEIN ENERGIZER VANILLA

SUPER C 1000 60

SUPRACLEAR SINUS AND CHEST 30

VITAMIN D 1,000 IU GUMMIES 50

VITAMIN D 400 IU GUMMIES 60

WOMEN'S ONE MULTIVITAMIN 30

WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki

Organic Medium Salsa

Organic Mild Salsa

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce