

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bowery 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

Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
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
Pancake & Waffle Mix
Yellow Cake Mix

Baking Needs (Cont'd)

Ener-G

Egg Replacement
Potato Flour
Tapioca Flour

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

Ener-G

Brown Rice Loaf
Tapioca Loaf

Glutino

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

Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

Mary's Gone Crackers

Sticks & Twigs, Sea Salt

Condiments

Organicville

Organic Dressing, French
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup

Condiments (Cont'd)

Organicville

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 Snickerdoodle Cookies

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

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

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

Dairy Alternatives (Cont'd)

So Delicious

Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Plain Cultured Coconut Milk Yogurt
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

Organic Soy Beverage, Unsweetened Original 64 oz

Desserts

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

Entrees and Mixes

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix
Fudge Brownie Mix
Pancake & Waffle Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Fish Sticks, Allergen Free
Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

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

Chocolate Velvet Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert
Mint Marble Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough (Gluten Free) Non-Dairy Frozen 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
Pomegranate Chip Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Turtle Trails 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

Frozen Foods (Cont'd)

So Delicious

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

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free French Toast Sticks Cinnamon
Wheat Free 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

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!® (no iron added) / 30 Tb
Alive!® / 180 Tb
Alive!® Rice/Pea Shake App-Cinn / 1.3 lbs
Alive!® Soy Shake Vanilla / 1.3 lbs

Nature's Way Primadophilus

Primadophilus® Reuteri Pearls / 60 Pearls

Nature's Way Sambucus

Sambucus Immune Lozenge / 30
Sambucus Immune Syrup / 4 oz
Sambucus Immune Syrup / 8 oz
Sambucus Syrup / 4 oz
Sambucus Syrup / 8 oz

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®
Thisilyn® Digestive Cleanse / 90 Vcaps®

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Menthol Syrup / 4 oz
Umcka ColdCare® Menthol Syrup / 8 oz

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90
ARTHX RELIEF 80
B-COMPLETE 45
BUSY BRAIN RELEASE 60
CERTIFIED ORGANIC WOMENS MULTI 120
COMPLETE IRON SYSTEM 60
COMPLETE PRENATAL SYSTEM 60
COUNTER ATTACK 30
ENERGIZER ONE MULTIVITAMIN 30
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY CALCIUM WITH ENZYMES 240
EVERYDAY FIBER SYSTEM VCAPS 90
FOOD-BASED CALCIUM 180

Nutritional Supplements (Cont'd)

Rainbow Light

GUMMY POWER SOURS 30
JUST ONCE MULTIVITAMIN 120
JUST ONCE MULTIVITAMIN 30
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 180
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
PAIN - EZE 30
PERFORMANCE ENERGY MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER CHOCOLATE
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 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Sauces/Salsas/Dips

Organicville

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