

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Millburn-Union 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

- 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 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
- 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**

### **Glutino**

- 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

## **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, Curry
- 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, Pomegranate Vinaigrette

## **Condiments (Cont'd)**

### **Organicville**

- 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 Gingerbread Spice Cookie
- Soft Baked Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

### **Glutino**

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

### **Organ**

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

### WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz

## Desserts

### 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

## Desserts (Cont'd)

### WFM Gluten Free Bakehouse

Carrot Cake

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

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

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
French Toast Sticks, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Popcorn Turkey Corn Dogs  
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 Peanut Butter Non-Dairy Frozen Dessert  
Mint Marble Fudge Non-Dairy Frozen Dessert  
Mocha Fudge Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

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  
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  
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

### 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  
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 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

Organic Creamy Peanut Butter, 16 oz

## Nutritional Supplements

### Nature's Way

20 Vegetarian capsules (box) / 100

### Nature's Way Alive!

Alive! Whole Food C, 120 Vcaps  
Alive! Whole Food C, Pwd 120 g  
Alive!® (no iron added) / 180 Tb  
Alive!® (no iron added) / 30 Tb  
Alive!® (no iron added) / 90 Tb  
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs  
Alive!® Soy Shake Vanilla / 1.3 lbs

### 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  
Sambucus for Kids / 4 oz  
Sambucus for Kids / 8 oz

## Nutritional Supplements (Cont'd)

### Nature's Way Umcka

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

### Pioneer Nutrition

Children's Multi 120ct

### Pioneer Nutrition

Calcium Magnesium- 120 tab  
Digestive Enzymes Complex- 60 tab

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
CANDIDA CLEANSE 60  
CERTIFIED ORGANIC MENS MULTI 120  
COMPLETE IRON SYSTEM 60  
COMPLETE NUTRITIONAL IRON-FREE  
COMPLETE PRENATAL SYSTEM 180  
ENERGY B-COMPLEX 45  
EVERYDAY CALCIUM WITH ENZYMES 120  
EVERYDAY FIBER SYSTEM VCAPS 90  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
GUMMY POWER SOURS 30  
JUST ONCE MULTIVITAMIN 60  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 90  
NUTRISTART MULTIVITAMIN POWDER 30  
PERFORMANCE ENERGY MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PRENATAL PETITE MULTIVITAMIN 90  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
THINBERRY OPTI-CURB  
VITAMIN D 1,000 IU GUMMIES 50

## Nutritional Supplements (Cont'd)

### Rainbow Light

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