

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Manhasset 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

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

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Chocolate Frosting Mix  
Sugar Cookie Mix  
Vanilla Frosting 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  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage

## **Bread**

### **Glutino**

Premium Fiber Bread

## **Cereal**

### **Arrowhead Mills**

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

## **Condiments**

### **Organicville**

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry 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**

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### **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**

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 Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Coconut Milk Beverage

### **WestSoy**

Organic Soy Beverage, Unsweetened Original 64 oz

## **Desserts**

### **Purely Decadent**

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

## Desserts (Cont'd)

### 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

### Arrowhead Mills

Gluten Free All Purpose Baking Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Chocolate Frosting Mix  
Sugar Cookie Mix  
Vanilla Frosting Mix

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

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

Green Tea Non-Dairy Frozen Dessert  
Vanilla Non-Dairy Frozen Dessert

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert  
Mint Marble Fudge Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### 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  
Pomegranate Chip 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 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 French Toast Sticks Cinnamon  
Wheat Free Homestyle Waffles

## Hair Care Products

### 365 Every Day Value™

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

¿0¿ Vegetarian capsules (box) / 100

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

### Nature's Way Sambucus

Sambucus Lozenge / 30  
Sambucus Syrup / 8 oz  
Sambucus for Kids / 4 oz  
Sambucus for Kids / 8 oz

### Nature's Way Umcka

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

### Pioneer Nutrition

Children's Multi 120ct

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
BUSY BRAIN RELEASE 60  
COMPLETE MENOPAUSE MULTIVITAMIN 60  
FOOD-BASED CALCIUM 180  
GUMMY BEAR ESSENTIALS 30  
GUMMY POWER SOURS 30  
JUST ONCE IRON-FREE MULTIVITAMIN 120  
JUST ONCE MULTIVITAMIN 120

## Nutritional Supplements (Cont'd)

### Rainbow Light

MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 90  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 90

## Sauces/Salsas/Dips

### Organicville

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