

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Montclair 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
- White Rice Flour
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Fudge Brownie Mix

### Baking Needs (Cont'd)

#### Ener-G

- Egg Replacement

#### 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 Fiber 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

## **Condiments**

### **Organicville**

Organic Dressing, French  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Ketchup  
Organic Tangy BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Happy Apple 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, 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  
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 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  
Mocha Almond Fudge 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

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Chocolate Frosting Mix

Fudge Brownie Mix

## Ethnic Foods

### Organicville

Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Chicken Patties, 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

Chocolate Peanut Butter Non-Dairy Frozen Dessert

Chocolate Velvet Non-Dairy Frozen Dessert

Creamy Vanilla 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

## Frozen Foods (Cont'd)

### Purely Decadent

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Mint Chocolate Chip Non-Dairy Frozen Dessert

Pomegranate Chip Non-Dairy Frozen Dessert

Purely Vanilla Non-Dairy Frozen Dessert

### So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Coconut Almond Bar, Made with Coconut Milk

Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

Vanilla Bar, Made with Coconut Milk

### Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

### Van's

Wheat Free Blueberry 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

## 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

Crunchy Peanut Butter, 26 oz

## Nutritional Supplements

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle  
Alive! Whole Food C, 120 Vcaps

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30  
Sambucus Immune Syrup / 4 oz  
Sambucus Sugar-Free Syrup / 4 oz  
Sambucus Syrup / 4 oz

### Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Children's Cherry FastActive /  
10 Ct  
Umcka ColdCare® Children's Cherry Syrup / 4 oz  
Umcka ColdCare® Menthol Syrup / 4 oz  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

### Pioneer Nutrition

Vitamin C Complex 1000 MG 120ct

### Pioneer Nutrition

Vitamin Mineral 1+, Iron Free

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30  
ACTIVE HEALTH TEEN MULTIVITAMIN 90  
CERTIFIED ORGANIC WOMENS MULTI 120  
CHEWABLE CALCIUM CITRATE MULTI-MINS 45  
COMPLETE B-COMPLEX 90  
COMPLETE PRENATAL SYSTEM 60  
EVERYDAY CALCIUM WITH ENZYMES 120  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 90  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
PROTEIN ENERGIZER CHOCOLATE  
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

## Nutritional Supplements (Cont'd)

### Vibrant Health

Joint Vibrance Powder

## Sauces/Salsas/Dips

### Organicville

Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce