

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



White Plains 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

Baking Needs

Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Pancake & Waffle Mix
- Yellow Cake Mix

Baking Needs (Cont'd)

Ener-G

- Egg Replacement
- Potato Flour
- Rice Bran
- 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 Fiber Bread
Premium Flax Seed Bread

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

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 Ketchup
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

Cookies and Snack Bars (Cont'd)

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Organ

Outback Animals - Vanilla 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
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

Dairy Alternatives (Cont'd)

WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz

Desserts

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

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

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Pancake & Waffle Mix

Ener-G

Rice Bran

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Fingers, Allergen Free

Chicken Patties, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

Frozen Foods (Cont'd)

It's Soy Delicious

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

Purely Decadent

Chocolate Obsession 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

Kidz Assorted Fruit Pops

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 French Toast Sticks Cinnamon

Wheat Free Mini Homestyle Waffles

Hair Care Products

365 Every Day Value™

Conditioner Fragrance Free

Conditioner Herbal Mint

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 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

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz
Sambucus Lozenge / 30
Sambucus Sugar-Free Syrup / 4 oz
Sambucus Sugar-Free Syrup / 8 oz
Sambucus Syrup / 4 oz
Sambucus Syrup / 8 oz
Sambucus for Kids / 4 oz

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Children's Cherry Syrup / 4 oz
Umcka ColdCare® Menthol Syrup / 4 oz
Umcka ColdCare® Original Liquid / 1 oz
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

Pioneer Nutrition

Chewable Calcium Magnesium 90ct
Chewable Vitamins / Minerals- 90 tab

Rainbow Light

COMPLETE B-COMPLEX 90
COMPLETE NUTRITIONAL SYSTEM 180
COUNTER ATTACK 30
EVERYDAY CALCIUM WITH ENZYMES 120
GUMMY BEAR ESSENTIALS 30

Nutritional Supplements (Cont'd)

Rainbow Light

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 30
PERFORMANCE ENERGY MULTIVITAMIN 180
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PROTEIN ENERGIZER VANILLA
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 30
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