

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bellevue Store, Pacific Northwest 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
- Honey Oat Bread
- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

Arrowhead Mills

- Blue Corn Meal
- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Vanilla Cake Mix
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Baking Needs (Cont'd)

Ener-G

- Egg Replacement
- Rice Bran

Enjoy Life

- Semi-Sweet Chocolate Chips

Orgran

- All Purpose Rice Crumbs
- Egg Replacer
- Pizza & Pastry Mix
- Self Rising Flour

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

Beverages (Cont'd)

So Delicious

Vanilla Coconut Milk Kefir

Bread

Ener-G

Brown Rice Loaf

Light Brown Rice Loaf

Tapioca Hamburger Buns

Glutino

Premium Cinnamon & Raisin Bread

Premium Corn Bread

Premium Pizza Crusts

WFM Gluten Free Bakehouse

Honey Oat 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

Orgran

Molasses Licorice

Canned Goods

Orgran

Canned Spaghetti in Tomato Sauce

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

Chips/Pretzels/Snacks

Mary's Gone Crackers

Sticks & Twigs, Curry

Sticks & Twigs, Sea Salt

Sticks & Twigs, Tomato Chipotle

Condiments

Organicville

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sesame Goddess

Organic Dressing, Sesame Tamari 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 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

Cookies and Snack Bars (Cont'd)

Orgran

- 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
- Pina Colada Cultured Coconut Milk Yogurt
- 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

Dairy Alternatives (Cont'd)

So Delicious

- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Soy Beverage, Unsweetened Chocolate 32 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

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
- Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Ener-G

- Rice Bran

Orgran

- Buckwheat Pancake Mix
- Corn Bread & Muffin Mix

Entrees and Mixes (Cont'd)

Orgran

- Falafel Mix
- Pizza & Pastry Mix

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Orgran

- Falafel Mix

Frozen Foods

Gluten Free Cafe

- Asian Noodles

Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs

It's Soy Delicious

- Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Strawberry Non-Dairy Frozen Dessert

Purely Decadent

- Cherry Nirvana Non-Dairy Frozen 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
- 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

Frozen Foods (Cont'd)

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

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles
- 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
- 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

- Crunchy Peanut Butter, 16 oz
- Organic Creamy Peanut Butter, 16 oz
- Organic Crunchy Peanut Butter, 16 oz

Nutritional Supplements

Nature's Way Alive!

- Alive!® (no iron added) / 180 Tb
- Alive!® / 90 Tb
- Alive!® Soy Shake Vanilla / 1.3 lbs

Nature's Way Sambucus

- 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

Nature's Way Thisilyn

- Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

- Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
- Umcka ColdCare® Mint-Menthol Chewable / 20 Chw
- Umcka® Cold+Flu Orange Syrup / 4 oz.

Rainbow Light

- ACTIVE HEALTH TEEN MULTIVITAMIN 90
- BUSY BRAIN RELEASE 60
- CALCIUM CITRATE MINI TABS 120
- CHEWABLE CALCIUM CITRATE MULTI-MINS 45
- COMPLETE PRENATAL SYSTEM 180
- COMPLETE PRENATAL SYSTEM 360
- COMPLETE PRENATAL SYSTEM 60
- FOOD-BASED CALCIUM 180
- FOOD-BASED CALCIUM 90
- GET WELL SOON 45
- GUMMY BEAR ESSENTIALS 30
- GUMMY OMEGALICIOUS 30
- GUMMY POWER SOURS 30
- GUMMY VITAMIN C SLICES 30
- KID'S ONE MULTISTARS 30
- KID'S ONE MULTISTARS 90
- MEN'S ONE MULTIVITAMIN 150

Nutritional Supplements (Cont'd)

Rainbow Light

- NUTRISTART MULTIVITAMIN POWDER 30
- PRENATAL ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL PETITE MULTIVITAMIN 180
- PRENATAL PETITE MULTIVITAMIN 90
- PROTEIN ENERGIZER ACAI
- PROTEIN ENERGIZER CHOCOLATE
- ULTRA ENERGY PLUS 60
- VITAMIN D 1,000 IU GUMMIES 50
- VITAMIN D 400 IU GUMMIES 60
- WOMEN'S ANSWER MULTIVITAMIN 180
- WOMEN'S ONE MULTIVITAMIN 150
- WOMEN'S ONE MULTIVITAMIN 30

Pasta

Orgran

- Buckwheat Spirals
- Rice & Corn Lasagne Mini Sheets
- Rice & Corn Macaroni
- Rice & Corn Penne
- Rice & Corn Spaghetti
- Rice & Corn Spirals
- Rice & Corn Tortellini
- Rice & Corn Vegetable Pasta - Animal Shapes
- Rice & Millet Spirals

Sauces/Salsas/Dips

Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Pineapple Salsa
- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce