

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bend 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

Morning Glory Muffins

Baking Needs

Arrowhead Mills

Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

Vanilla Frosting Mix

Ener-G

Egg Replacement

Enjoy Life

Semi-Sweet Chocolate Chips

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

Vanilla Coconut Milk Kefir

Bread

Glutino

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

Chips/Pretzels/Snacks

Mary's Gone Crackers

Sticks & Twigs, Curry
Sticks & Twigs, Sea Salt

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 Tamari Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup

Cookies and Snack Bars

Enjoy Life

Soft Baked Chewy Chocolate Chip Cookies
Sunbutter Crunch Snack Bars
Very Berry Snack Bars

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
Original (Plain) Coconut Milk Beverage
Original (Plain) Coconut Milk Creamer
Original (Plain) Coconut Milk Kefir
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Plain Cultured Coconut Milk Yogurt
Raspberry 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 Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

WestSoy

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

Desserts

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut 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

Cherrybrook Kitchen Gluten Free Dreams

Vanilla Frosting Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert

Mocha Fudge Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert

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

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Coconut 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 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 Herbal Mint

Shampoo for Normal and Oily Lavender Blend

Hand & Body Washes

365 Every Day Value™

Shower Gel Fragrance Free

Shower Gel Herbal Mint

Shower Gel Lavender Blend

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

Alive!® (no iron added) / 90 Tb

Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Alive!® Rice/Pea Shake Vanilla / 2.2 lbs

Alive!® Soy Shake Vanilla / 2.2 lbs

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw

Umcka ColdCare® Cherry Syrup / 4 oz

Umcka ColdCare® Original Liquid / 1 oz

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 30

ACTIVE SENIOR MULTIVITAMIN 90

BLACK COHOSH MENOPAUSE RELIEF 1650 60

BUSY BRAIN RELEASE 60

CERTIFIED ORGANIC MENS MULTI 120

CERTIFIED ORGANIC PRENATAL MULTI 120

EVERYDAY CALCIUM WITH ENZYMES 240

GUMMY VITAMIN C SLICES 30

JUST ONCE IRON-FREE MULTIVITAMIN 30

KID'S ONE MULTISTARS 90

MEN'S ONE MULTIVITAMIN 150

MEN'S ONE MULTIVITAMIN 90

PRENATAL ONE MULTIVITAMIN 150

PRENATAL ONE MULTIVITAMIN 30

Nutritional Supplements (Cont'd)

Rainbow Light

PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
ULTRA ENERGY PLUS 60
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 1,000 IU GUMMIES 50
WOMEN'S ONE MULTIVITAMIN 150

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki