

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Mill Plain 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

### Baking Needs

#### Arrowhead Mills

- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Frosting Mix

#### Ener-G

- Egg Replacement
- Rice Bran

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### Beverages

#### So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

### Bread

#### Ener-G

- Tapioca Hamburger Buns
- White Rice Bread

#### 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

## Candy and Chocolate (Cont'd)

### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

## Cereal

### Arrowhead Mills

Maple Buckwheat Organic Flakes

### Enjoy Life

Very Berry Crunch Granola

## Chips/Pretzels/Snacks

### Ener-G

Sesame Pretzel Rings

### Mary's Gone Crackers

Sticks & Twigs, Curry

## 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, Pomegranate Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic 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 Gingerbread Spice Cookie  
Soft Baked Snickerdoodle Cookies  
Sunbutter Crunch Snack Bars  
Very Berry Snack Bars

## Cookies and Snack Bars (Cont'd)

### Orgnan

Outback Animals - Vanilla Cookies

### WFM Gluten Free Bakehouse

Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Orginal

## Dairy Alternatives

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
French Vanilla Coconut Milk Creamer  
Hazelnut Coconut Milk Creamer  
Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Plain Cultured Coconut Milk Yogurt  
Raspberry 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  
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

## Desserts (Cont'd)

### So Delicious

- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### WFM Gluten Free Bakehouse

- Carrot Cake

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Frosting Mix

### Ener-G

- Rice Bran

## Ethnic Foods

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

- Ian's Fish Sticks, Allergen Free

### Organic So Delicious

- Creamy Vanilla Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert

### Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert

### So Delicious

- Coconut Almond Bar, Made with Coconut Milk
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bar, Made with Coconut Milk
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Flax Waffles
- Wheat Free Homestyle Waffles

## Hair Care Products

### 365 Every Day Value™

- Conditioner Herbal Mint
- Conditioner Lavender Blend
- Shampoo for Dry and Normal Herbal Mint

## 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 Lavender Blend

## Nutritional Supplements

### Nature's Way Alive!

- Alive! Liquid Vitamin-30 oz. bottle
- Alive!® (no iron added) / 180 Tb
- Alive!® (no iron added) / 90 Tb
- Alive!® / 90 Vcaps®
- Alive!® Rice/Pea Shake Vanilla / 1.3 lbs
- Alive!® Soy Shake Vanilla / 2.2 lbs

### Nature's Way Primadophilus

- Primadophilus® Probia® Pearl / 30 Pearls

### Nature's Way Sambucus

- Sambucus Immune Syrup / 4 oz
- Sambucus Immune Syrup / 8 oz

### Nature's Way Umcka

- Umcka ColdCare® Cherry Chewable / 20 Chw
- Umcka ColdCare® Cherry Syrup / 4 oz
- Umcka ColdCare® Children's Cherry Syrup / 4 oz

## **Nutritional Supplements (Cont'd)**

### **Nature's Way Umcka**

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

### **Pioneer Nutrition**

Calcium Magnesium, Vegetarian- 120 tab

### **Rainbow Light**

ACTIVE SENIOR MULTIVITAMIN 90  
CALCIUM CITRATE MINI TABS 120  
COMPLETE B-COMPLEX 90  
CONGEST-AWAY 60  
EVERYDAY CALCIUM WITH ENZYMES 120  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY VITAMIN C SLICES 30  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
PAIN - EZE 30  
PRENATAL ONE MULTIVITAMIN 30  
PROTEIN ENERGIZER ACAI  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER WHEY  
SUPER C 1000 60  
VITAMIN D 1,000 IU GUMMIES 100  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

## **Sauces/Salsas/Dips**

### **Organicville**

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

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Beach Bash Trail Mix

## **Pasta**

### **Orgran**

Rice & Corn Vegetable Pasta - Animal Shapes  
Rice & Millet Spirals