

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Portland 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

- Honey Oat Bread
- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

Arrowhead Mills

- Blue Corn Meal
- Gluten Free Vanilla Cake Mix
- Yellow Corn Meal

Ener-G

- Egg Replacement
- Rice Bran

Enjoy Life

- Semi-Sweet Chocolate Chips

Baking Needs (Cont'd)

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
- Vanilla Coconut Milk Kefir

Bread

Glutino

- Premium Flax Seed Bread

WFM Gluten Free Bakehouse

- Honey Oat Bread

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, 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, Orange Cranberry 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
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Snickerdoodle Cookies
Sunbutter Crunch Snack Bars
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, Caraway
Crackers, Herb
Crackers, Onion
Crackers, Original

Dairy Alternatives

So Delicious

Chocolate Cultured Coconut Milk Yogurt
Chocolate 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
Strawberry Coconut Milk Kefir
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
Plus Soy Beverage, Plain 64 oz

Desserts

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Entrees and Mixes

Ener-G

Rice Bran

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free

Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

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 (Gluten Free) Non-Dairy Frozen
Dessert

Cookie Dough Non-Dairy Frozen Coconut Milk
Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Coconut Almond 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 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 Washes

365 Every Day Value™

Conditioner Fragrance Free

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!® / 180 Tb

Alive!® / 90 Vcaps®

Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Alive!® Soy Shake Vanilla / 1.3 lbs

Nature's Way Sambucus

Sambucus Syrup / 4 oz

Sambucus Syrup / 8 oz

Nature's Way Umcka

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Umcka ColdCare® Original Liquid / 1 oz

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90

BUSY BRAIN RELEASE 60

COMPLETE B-COMPLEX 90

COUNTER ATTACK 30

FOOD-BASED CALCIUM 90

GUMMY OMEGALICIOUS 30

GUMMY VITAMIN C SLICES 30

JUST ONCE IRON-FREE MULTIVITAMIN 30

KID'S ONE MULTISTARS 90

MEN'S ONE MULTIVITAMIN 150

Nutritional Supplements (Cont'd)

Rainbow Light

MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
PAIN - EZE 30
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER VANILLA
VITAMIN D 1,000 IU GUMMIES 100
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

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Sauces/Salsas/Dips

Organicville

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