

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Redmond 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
- Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Vanilla Frosting Mix

#### Ener-G

- Egg Replacement
- Rice Bran

### Baking Needs (Cont'd)

#### Enjoy Life

- Semi-Sweet Chocolate Chips

#### Hain

- Baking Powder

#### Orgnan

- Bread Mix
- Egg Replacer

### Beverages

#### So Delicious

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

## **Bread**

### **Ener-G**

- Brown Rice Loaf
- Brown Rice Loaf Yeast Free
- Light Brown Rice Loaf
- Tapioca Hamburger Buns

### **Glutino**

- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

## **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

### **Organ**

- Molasses Licorice

## **Canned Goods**

### **Organ**

- Canned Spaghetti in Tomato Sauce

## **Cereal**

### **Arrowhead Mills**

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

### **Enjoy Life**

- Very Berry Crunch Granola

## **Chips/Pretzels/Snacks**

### **Ener-G**

- Crisp Pretzels

### **Mary's Gone Crackers**

- Sticks & Twigs, Sea Salt
- Sticks & Twigs, Tomato Chipotle

## **Condiments**

### **Organicville**

- 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**

- 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 No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

### **Glutino**

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

### **Organ**

- Outback Animals - Chocolate Cookies
- Outback Animals - Vanilla Cookies

## **Crackers**

### **Mary's Gone Crackers**

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion

## Crackers (Cont'd)

### Mary's Gone Crackers

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 Non-Dairy Frozen Coconut Milk Dessert  
Plain Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt  
Strawberry Banna 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

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

## 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

Bread Mix  
Falafel Mix  
Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

### Orgran

Falafel Mix

## Frozen Foods

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free

## Frozen Foods (Cont'd)

### Ian's Natural Foods

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

### Purely Decadent

Cherry Nirvana 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

Mint Chocolate Chip Non-Dairy Frozen Dessert

Mocha Almond Fudge Non-Dairy Frozen Dessert

Peanut Butter Zig Zag 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

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

## Frozen Foods (Cont'd)

### Van's

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 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

Creamy Peanut Butter, 16 oz

Organic Crunchy Peanut Butter, 16 oz

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Tidal Wave 14 oz

Firm Tofu, Water-Pack 14 oz

Soft Tofu, Water-Pack 14 oz

## Nutritional Supplements

### Nature's Way Alive!

Alive!® (no iron added) / 180 Tb

Alive!® (no iron added) / 90 Vcaps®

Alive!® / 180 Tb

Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Alive!® Soy Shake Vanilla / 1.3 lbs

## Nutritional Supplements (Cont'd)

### Nature's Way Alive!

Alive!® Soy Shake Vanilla / 2.2 lbs

### Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz

Sambucus Lozenge / 30

Sambucus for Kids / 4 oz

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz

Umcka ColdCare® Original Liquid / 1 oz

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
BUSY BRAIN RELEASE 60  
CHEWABLE CALCIUM CITRATE MULTI-MINS 45  
COMPLETE B-COMPLEX 90  
COMPLETE PRENATAL SYSTEM 180  
COMPLETE PRENATAL SYSTEM 360  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 180  
GUMMY OMEGALICIOUS 30  
GUMMY VITAMIN C SLICES 30  
JUST ONCE MULTIVITAMIN 120  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
NAIL, HAIR & SKIN CONNECTION 60  
NUTRISTART MULTIVITAMIN POWDER 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL PETITE MULTIVITAMIN 90  
PROTEIN ENERGIZER ACAI  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
VITAMIN D 1,000 IU GUMMIES 100  
VITAMIN D 1,000 IU GUMMIES 50  
VITAMIN D 400 IU GUMMIES 60

## Pasta

### Organ

Multigrain Pasta with Amaranth  
Pasta Ready Meal - Spaghetti with Tomato & Basil  
Sauce  
Rice & Corn Lasagne Mini Sheets

## Pasta (Cont'd)

### Organ

Rice & Corn Penne

Rice & Corn Vegetable Pasta - Animal Shapes

## Sauces/Salsas/Dips

### Organicville

Organic Island Teriyaki

Organic Medium Salsa

Organic Sesame Teriyaki