

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tanasbourne 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

Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

Blue Corn Meal

Yellow Corn Meal

Ener-G

Egg Replacement

Enjoy Life

Semi-Sweet Chocolate Chips

Hain

Baking Powder

Orgran

All Purpose Rice Crumbs

Plain Flour

Baking Needs (Cont'd)

Orgran

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

Vanilla Coconut Milk Kefir

Bread

Ener-G

Tapioca Loaf

Bread (Cont'd)

Glutino

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

Canned Goods

Organ

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

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, Pomegranate Vinaigrette

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Condiments (Cont'd)

Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Caramel Apple Snack Bars

Cocoa Loco Snack Bars

Snickerdoodle Cookie Pack

Soft Baked Chewy Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie 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

Organ

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

French Vanilla Coconut Milk Creamer

Hazelnut Coconut Milk Creamer

Dairy Alternatives (Cont'd)

So Delicious

- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- 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
- 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

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

Frozen Foods (Cont'd)

Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert

Purely Decadent

- 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
- Mocha Almond Fudge Non-Dairy Frozen 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 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 Herbal Mint
- Shampoo for Normal and Oily Lavender Blend

Hand & Body Washes

365 Every Day Value™

- Conditioner Fragrance Free
- Shower Gel Fragrance Free

Hand & Body Washes (Cont'd)

365 Every Day Value™

- Shower Gel Herbal Mint
- Shower Gel Lavender Blend

Jams and Nut Butters

Maranatha

- Roasted Sesame Tahini

Nutritional Supplements

Nature's Way Alive!

- Alive! Liquid Vitamin-30 oz. bottle
- Alive!® / 180 Tb

Nature's Way Sambucus

- Sambucus Immune Syrup / 4 oz

Nature's Way Umcka

- Umcka ColdCare® Children's Cherry Syrup / 4 oz
- Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
- Umcka ColdCare® Original Liquid / 1 oz

Rainbow Light

- ACTIVE SENIOR MULTIVITAMIN 30
- ACTIVE SENIOR MULTIVITAMIN 90
- B-COMplete 45
- CERTIFIED ORGANIC PRENATAL MULTI 120
- COMPLETE PRENATAL SYSTEM 60
- ENERGY B-COMPLEX 45
- GUMMY OMEGALICIOUS 30
- KID'S ONE MULTISTARS 30
- KID'S ONE MULTISTARS 90
- MEN'S ONE MULTIVITAMIN 150
- MEN'S ONE MULTIVITAMIN 30
- PRENATAL ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL ONE MULTIVITAMIN 90
- PRENATAL PETITE MULTIVITAMIN 90
- PROTEIN ENERGIZER CHOCOLATE
- VITAMIN D 1,000 IU GUMMIES 100
- VITAMIN D 400 IU GUMMIES 60
- WOMEN'S ONE MULTIVITAMIN 150
- WOMEN'S ONE MULTIVITAMIN 30

Nuts/Seeds/Dried Fruits

Enjoy Life

- Not Nuts! Beach Bash Trail Mix
- Not Nuts! Mountain Mambo Trail Mix

Pasta

Orgran

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

Sauces/Salsas/Dips

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki