

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Belmar Store, Rocky Mountain 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.

Baking Needs

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- White Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix

Ener-G

- Rice Bran

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Baking Needs (Cont'd)

Orgran

- Egg Replacer

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 Hamburger Buns

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

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

Enjoy Life

- Cinnamon Crunch Granola
- Very Berry Crunch Granola

Chips/Pretzels/Snacks

Ener-G

- Sesame Pretzel Rings

Glutino

- Pretzels, Sesame Rings
- Pretzels, Sticks
- Pretzels, Twists

Mary's Gone Crackers

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

Condiments

Organicville

- Organic Dressing, French
- 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

Cookies and Snack Bars

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Snickerdoodle Cookie Pack
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

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
- 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 Cultured Coconut Milk Yogurt
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pina Colada 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

Desserts

Earth Cafe

Gluten Free (Wheat-free), Dairy-free (Vegan),
Living(Raw) Cheesecake - Raspberry

Gluten Free (Wheat-free), Dairy-free (Vegan),
Living(Raw) Cheesecake - Strawberry

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen
Coconut Milk Dessert

So Delicious

Chocolate 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

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

Dark Chocolate Bars - individual bars

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix

Gluten Free Brownie Mix

Gluten Free Chocolate Chip Cookie Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

Chocolate Chip Cookie Mix

Fudge Brownie Mix

Ener-G

Rice Bran

Organ

Falafel Mix

Vegetarian Gravy Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Ethnic Foods (Cont'd)

Organ

Falafel Mix

Frozen Foods

Gluten Free Cafe

Asian Noodles

Ian's Natural Foods

Chicken Fingers, Allergen Free

French Toast Sticks, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

It's Soy Delicious

Chocolate Almond Non-Dairy Frozen Dessert

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

Creamy Vanilla Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert

Chocolate Obsession Non-Dairy Frozen Dessert

Chocolate Peanut Butter Swirl 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

Mocha Almond Fudge Non-Dairy Frozen Coconut
Milk Dessert

Passionate Mango Non-Dairy Frozen Coconut Milk
Dessert

Vanilla Bar, Made with Coconut Milk

Frozen Foods (Cont'd)

So Delicious

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Van's

Wheat Free Blueberry Waffles
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 Fragrance Free
Shampoo for Normal and Oily Herbal Mint
Shampoo for Normal and Oily Lavender Blend

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 Herbal Mint
Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

Organic Creamy Peanut Butter, 16 oz
Organic Crunchy Peanut Butter, 16 oz
Organic Crunchy Peanut Butter, 26 oz

Meat Alternatives

WestSoy

Extra Firm Tofu, Tidal Wave 14 oz
Extra Firm Tofu, Vacuum-Pack 12 oz
Firm Tofu, Water-Pack 14 oz
Firm Tofu, Water-Pack 16 oz
Soft Tofu, Water-Pack 14 oz

Nutritional Supplements

Nature's Way Alive!

Alive!® (no iron added) / 180 Tb
Alive!® (no iron added) / 90 Tb
Alive!® (no iron added) / 90 Vcaps®
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz
Sambucus Syrup / 4 oz
Sambucus for Kids / 4 oz

Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Children's Cherry Syrup / 4 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz
Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
COUNTER ATTACK 30
EVERYDAY CALCIUM WITH ENZYMES 240
GUMMY POWER SOURS 30
JUST ONCE MULTIVITAMIN 120
MEN'S ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 150
PROTEIN ENERGIZER VANILLA
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 90

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Pasta

Orgran

Buckwheat Spirals

Rice & Corn Lasagne Mini Sheets

Rice & Corn Macaroni

Rice & Corn Spaghetti

Vegetable Rice Spirals

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Orgran

Vegetarian Gravy Mix