

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cerrillos 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

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Vanilla Cake Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix

#### Ener-G

- Egg Replacement
- Potato Flour (Fine)
- Rice Bran

### Baking Needs (Cont'd)

#### Ener-G

- Tapioca Flour

#### Enjoy Life

- Semi-Sweet Chocolate Chips

#### 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

### Ener-G

High Fiber Loaf  
Tapioca Hamburger Buns

## 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

## Cereal

### Arrowhead Mills

Maple Buckwheat Organic Flakes  
Organic Rice & Shine Hot Cereal  
Organic Yellow Corn Grits

### Enjoy Life

Cinnamon Crunch Granola  
Cranapple Crunch Granola  
Very Berry Crunch Granola

## Chips/Pretzels/Snacks

### Ener-G

Sesame Pretzel Rings

### Glutino

Pretzels, Sesame Rings  
Pretzels, Twists

### Mary's Gone Crackers

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

## Condiments

### Organicville

Organic Dressing, French  
Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette

## Condiments (Cont'd)

### Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce  
Organic Tangy BBQ Sauce

## Cookies and Snack Bars

### Enjoy Life

Cocoa Loco Snack Bars  
Snickerdoodle Cookie Pack  
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

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  
Plain Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt

## Dairy Alternatives (Cont'd)

### So Delicious

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

Soy Beverage, Unsweetened Chocolate 32 oz

## Desserts

### 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

## 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 Frosting Mix

### Ener-G

Rice Bran

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Gluten Free Cafe

Asian Noodles

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
Ian's Chicken Nuggets, Allergen Free

### It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert  
Chocolate Almond Non-Dairy Frozen Dessert  
Vanilla Non-Dairy Frozen Dessert

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert

### Purely Decadent

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  
Pomegranate Chip 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  
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 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 Lavender Blend

## Hand & Body Lotions

### 365 Every Day Value™

Body Lotion Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

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 Creamy Peanut Butter, 26 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! Liquid Vitamin-30 oz. bottle  
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs  
Alive!® Rice/Pea Shake Vanilla / 2.2 lbs

### Nature's Way Sambucus

Sambucus Sugar-Free Syrup / 4 oz  
Sambucus Syrup / 8 oz

## Nutritional Supplements (Cont'd)

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz  
Umcka® Cold+Flu Berry Syrup / 4 oz.

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30  
CHEWABLE CALCIUM CITRATE MULTI-MINS 45  
EVERYDAY CALCIUM WITH ENZYMES 240  
EVERYONE'S OMEGA 60  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
JUST ONCE IRON-FREE MULTIVITAMIN 120  
JUST ONCE MULTIVITAMIN 30  
KID'S ONE MULTISTARS 30  
MAGNESIUM CALCIUM "+" 180  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 30  
PROBIOACTIVE 1B 90  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
SUPER C 1000 60  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

### Vibrant Health

Joint Vibrance Powder

## Pasta

### Organ

Buckwheat Spirals  
Rice & Corn Penne  
Rice & Corn Spaghetti  
Rice & Millet Spirals  
Vegetable Rice Spirals

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce