

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Fort Collins 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
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix

#### Ener-G

- Egg Replacement
- Rice Bran
- Sweet Rice Flour
- Tapioca Flour

### Baking Needs (Cont'd)

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### 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
- Light Brown Rice Loaf
- Tapioca Hamburger Buns

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## Cereal

### Arrowhead Mills

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

### Enjoy Life

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

## Condiments

### Organicville

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Ketchup  
Organic Tangy BBQ Sauce

## Cookies and Snack Bars

### Enjoy Life

Cocoa Loco Snack Bars  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Snickerdoodle Cookies  
Sunbutter Crunch Snack Bars

## Cookies and Snack Bars (Cont'd)

### Enjoy Life

Very Berry Snack Bars

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

### Orgnan

Mini Outback Animals - Chocolate Cookies

## Crackers

### Mary's Gone Crackers

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Onion  
Crackers, Orginal

## 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 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  
Strawberry Banna Cultured Coconut Milk Yogurt  
Strawberry Coconut Milk Kefir  
Strawberry Cultured Coconut Milk Yogurt

## **Dairy Alternatives (Cont'd)**

### **So Delicious**

Unsweetened Coconut Milk Beverage  
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  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

## **Energy and Nutrition Bars/Drinks**

### **Attune Probiotic Bars**

Dark Chocolate Bars - individual bars

## **Entrees and Mixes**

### **Cherrybrook Kitchen Gluten Free Dreams**

Chocolate Cake Mix  
Chocolate Chip Cookie Mix  
Chocolate Frosting Mix

### **Ener-G**

Rice Bran

### **Orgran**

Falafel Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki

### **Orgran**

Falafel Mix

## **Frozen Foods**

### **Gluten Free Cafe**

Asian Noodles

### **Ian's Natural Foods**

Chicken Fingers, Allergen Free  
Ian's Chicken Nuggets, Allergen Free  
Popcorn Turkey Corn Dogs

### **It's Soy Delicious**

Awesome Chocolate Non-Dairy Frozen Dessert  
Vanilla 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  
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk 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

## Frozen Foods (Cont'd)

### So Delicious

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

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free French Toast Sticks Cinnamon  
Wheat Free 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 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 Creamy Peanut Butter, 26 oz

## Jams and Nut Butters (Cont'd)

### Maranatha

Roasted Sesame Tahini

## 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) / 90 Tb  
Alive!® (no iron added) / 90 Vcaps®  
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 Immune Syrup / 4 oz  
Sambucus Immune Syrup / 8 oz  
Sambucus Sugar-Free Syrup / 4 oz  
Sambucus Syrup / 4 oz  
Sambucus Syrup / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka ColdCare® Original Liquid / 2 oz  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz  
Umcka® Cold+Flu Berry Syrup / 4 oz.

### Rainbow Light

COMPLETE PRENATAL SYSTEM 360  
CONGEST-AWAY 60  
COUNTER ATTACK 30  
EVERYDAY CALCIUM WITH ENZYMES 120  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
KID'S ONE MULTISTARS 30  
MAGNESIUM CALCIUM "+" 180

## **Nutritional Supplements (Cont'd)**

### **Rainbow Light**

MEN'S ONE MULTIVITAMIN 150  
PAIN - EZE 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PROTEIN ENERGIZER ACAI  
PROTEIN ENERGIZER CHOCOLATE  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S ONE MULTIVITAMIN 90

## **Pasta**

### **Orgran**

Buckwheat Spirals  
Rice & Corn Lasagne Mini Sheets  
Rice & Corn Penne  
Rice & Corn Spaghetti

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce