

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Highlands Ranch 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
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Frosting Mix

Ener-G

- Egg Replacement

Enjoy Life

- Semi-Sweet Chocolate Chips

Orgnan

- Egg Replacer

Beverages

So Delicious

- Original (Plain) Coconut Milk Beverage
- 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 Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Candy and Chocolate (Cont'd)

Orgran

Molasses Licorice

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Yellow Corn Grits
Sweetened Organic Rice Flakes

Enjoy Life

Cinnamon Crunch Granola
Cranapple Crunch Granola
Very Berry Crunch Granola

Chips/Pretzels/Snacks

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, Herbs de Provence Vinaigrette
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

Cocoa Loco Snack Bars
Soft Baked No-Oats "Oatmeal" Cookie

Cookies and Snack Bars (Cont'd)

Enjoy Life

Soft Baked Snickerdoodle Cookies
Very Berry Snack Bars

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

Orgran

Mini Outback Animals - Chocolate Cookies
Outback Animals - Chocolate Cookies

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Herb
Crackers, Onion
Crackers, Original

Dairy Alternatives

So Delicious

Chocolate Cultured Coconut Milk Yogurt
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
Pina Colada Cultured Coconut Milk Yogurt
Strawberry Cultured Coconut Milk Yogurt
Unsweetened Coconut Milk Beverage
Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

WestSoy

Soy Beverage, Unsweetened Chocolate 32 oz

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

Desserts (Cont'd)

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Mocha Almond Fudge 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

Cherrybrook Kitchen Gluten Free Dreams

Vanilla Frosting Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

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

It's Soy Delicious

Vanilla Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert
Peanut Butter Zig Zag Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

Purely Decadent

Pomegranate Chip Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

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 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) / 90 Vcaps®

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
Sambucus for Kids / 4 oz
Sambucus for Kids / 8 oz

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

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

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30
CERTIFIED ORGANIC WOMENS MULTI 120
CONGEST-AWAY 60
ENERGIZER ONE MULTIVITAMIN 90
GUMMY VITAMIN C SLICES 30
JUST ONCE IRON-FREE MULTIVITAMIN 120
JUST ONCE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 150
PROTEIN ENERGIZER CHOCOLATE
VITAMIN D 1,000 IU GUMMIES 50
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

Rice & Corn Macaroni
Rice & Corn Penne
Rice & Corn Spaghetti
Rice & Corn Vegetable Pasta - Animal Shapes

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki