

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Metcalfe 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 Brownie Mix
- Long Grain Brown Rice Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

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

#### Ener-G

- Egg Replacement
- Rice Bran
- Tapioca Flour

### Baking Needs (Cont'd)

#### Enjoy Life

- Semi-Sweet Chocolate Chips

#### Hain

- Baking Powder

#### Orgnan

- 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**

Brown Rice Loaf Yeast Free  
White Rice Loaf Yeast Free

### **Glutino**

Premium Pizza Crusts

## **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, 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  
Organic Tangy BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
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

## **Crackers**

### **Mary's Gone Crackers**

Crackers, Caraway  
Crackers, Herb  
Crackers, Onion  
Crackers, Original

## **Dairy Alternatives**

### **So Delicious**

Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
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  
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  
Unsweetened Coconut Milk Beverage

## Dairy Alternatives (Cont'd)

### So Delicious

- 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

### Earth Cafe

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

### So Delicious

- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free Brownie Mix
- Gluten Free Pizza Crust Mix

### Cherrybrook Kitchen Gluten Free Dreams

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

### Ener-G

- Rice Bran

### Organ

- Falafel Mix
- Vegetarian Gravy Mix

## Ethnic Foods

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### Organ

- Falafel Mix

## Frozen Foods

### Ian's Natural Foods

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

### It's Soy Delicious

- 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

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Mocha Almond Fudge Non-Dairy Frozen Dessert
- 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
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge 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

## Frozen Foods (Cont'd)

### Van's

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 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™

Shower Gel Fragrance Free  
Shower Gel Herbal Mint  
Shower Gel Lavender Blend

## Jams and Nut Butters

### Arrowhead Mills

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

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Tidal Wave 14 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!® / 60 Tb

## Nutritional Supplements (Cont'd)

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30  
Sambucus Immune Syrup / 4 oz  
Sambucus Immune Syrup / 8 oz  
Sambucus Lozenge / 30  
Sambucus Sugar-Free Syrup / 4 oz  
Sambucus Syrup / 4 oz  
Sambucus Syrup / 8 oz  
Sambucus for Kids / 4 oz

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Children's Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
Umcka ColdCare® Menthol Syrup / 4 oz

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
ACTIVE SENIOR MULTIVITAMIN 90  
BUSY BRAIN RELEASE 60  
CALCIUM CITRATE MINI TABS 120  
CANDIDA CLEANSE 60  
COMPLETE NUTRITIONAL SYSTEM 240  
COMPLETE PRENATAL SYSTEM 360  
COUNTER ATTACK 30  
ENERGIZER ONE MULTIVITAMIN 90  
EVERYONE'S OMEGA 60  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
GUMMY VITAMIN C SLICES 30  
JUST ONCE MULTIVITAMIN 60  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
REJUVENAGE 40+ MULTI 120  
VITAMIN D 1,000 IU GUMMIES 100

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

### **Rainbow Light**

VITAMIN D 400 IU GUMMIES 60  
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  
Corn & Vegetable Spirals  
Rice & Corn Lasagne Mini Sheets  
Rice & Corn Macaroni  
Rice & Corn Penne  
Rice & Corn Tortellini  
Rice & Corn Vegetable Pasta - Animal Shapes  
Rice & Millet Spirals  
Vegetable Rice Spirals

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki  
Organic Medium Salsa  
Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce

### **Orgran**

Vegetarian Gravy Mix