

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



New Center Point 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

- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Soy Flour
- White Rice Flour

Ener-G

- Egg Replacement
- Potato Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Beverages

So Delicious

- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

Bread

Ener-G

- Light Brown Rice 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
- Sweetened Organic Rice Flakes

Enjoy Life

- Cinnamon Crunch Granola
- Cranapple Crunch Granola
- Very Berry Crunch Granola

Chips/Pretzels/Snacks

Ener-G

- Sesame Pretzel Rings

Mary's Gone Crackers

- 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 No-Oats "Oatmeal" 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, Herb
- Crackers, Original

Dairy Alternatives

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

WestSoy

- Soy Beverage, Unsweetened Chocolate 32 oz

Desserts

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Pizza Crust Mix

Orgran

- Falafel Mix
- Vegetarian Gravy Mix

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Orgran

- Falafel Mix

Frozen Foods

Gluten Free Cafe

Asian Noodles

Ian's Natural Foods

Ian's Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Coconut Almond Bar, Made with Coconut Milk

Vanilla Bar, Made with Coconut Milk

Van's

Wheat Free Blueberry 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 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, 26 oz

Jams and Nut Butters (Cont'd)

Maranatha

Roasted Sesame Tahini

Meat Alternatives

WestSoy

Extra Firm Tofu, Tidal Wave 14 oz

Firm Tofu, Water-Pack 14 oz

Soft Tofu, Water-Pack 14 oz

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

Alive! Whole Food C, 120 Vcaps

Alive! Whole Food C, Pwd 120 g

Alive!® / 90 Vcaps®

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® Cherry Syrup / 8 oz

Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

CERTIFIED ORGANIC MENS MULTI 120

FOOD-BASED CALCIUM 180

FOOD-BASED CALCIUM 90

JUST ONCE IRON-FREE MULTIVITAMIN 120

KID'S ONE MULTISTARS 90

MEN'S ONE MULTIVITAMIN 150

NAIL, HAIR & SKIN CONNECTION 60

PRENATAL ONE MULTIVITAMIN 150

PROTEIN ENERGIZER CHOCOLATE

PROTEIN ENERGIZER VANILLA

VITAMIN D 1,000 IU GUMMIES 50

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 Spaghetti
- Rice & Corn Tortellini
- Vegetable Rice Spirals

Sauces/Salsas/Dips

Organicville

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

Orgran

- Vegetarian Gravy Mix