

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pikes Peak 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

Ener-G

- Egg Replacement
- Rice Bran
- Tapioca Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Orgran

- Egg Replacer
- Gluten 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

- 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

Candy and Chocolate (Cont'd)

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Sweetened Organic Rice Flakes

Enjoy Life

Cinnamon Crunch Granola

Cranapple Crunch Granola

Very Berry Crunch Granola

Chips/Pretzels/Snacks

Ener-G

Sesame Pretzel Rings

Glutino

Pretzels, Sticks

Pretzels, Twists

Mary's Gone Crackers

Sticks & Twigs, Sea Salt

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

Cookies and Snack Bars

Enjoy Life

Caramel Apple Snack Bars

Cocoa Loco Snack Bars

Sunbutter Crunch Snack Bars

Cookies and Snack Bars (Cont'd)

Enjoy Life

Very Berry Snack Bars

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

Crackers

Mary's Gone Crackers

Crackers, Black Pepper

Crackers, Herb

Crackers, Onion

Crackers, Original

Dairy Alternatives

So Delicious

Blueberry Cultured Coconut Milk Yogurt

Chocolate Cultured Coconut Milk Yogurt

French Vanilla Coconut Milk Creamer

Hazelnut Coconut Milk Creamer

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

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

Vanilla Cultured Coconut Milk Yogurt

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

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix

Ener-G

Rice Bran

Orgran

Falafel Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Orgran

Falafel Mix

Frozen Foods

Ian's Natural Foods

Chicken Fingers, Allergen Free
French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Kids Meal, Mac No Cheese

It's Soy Delicious

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

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip 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
Kidz Assorted Fruit Pops
Vanilla Bar, Made with Coconut Milk

Van's

Wheat Free Buckwheat Waffles
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™

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
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! Whole Food C, Pwd 120 g
Alive!® (no iron added) / 180 Tb
Alive!® (no iron added) / 90 Vcaps®
Alive!® / 90 Tb
Alive!® Soy Shake Vanilla / 1.3 lbs

Nature's Way Sambucus

Sambucus Immune Lozenge / 30
Sambucus Immune Syrup / 4 oz
Sambucus Immune Syrup / 8 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® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Alcohol Free Liquid / 2 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw
Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90
CERTIFIED ORGANIC PRENATAL MULTI 120
FOOD-BASED CALCIUM 90
JUST ONCE MULTIVITAMIN 60
KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 90
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA

Nutritional Supplements (Cont'd)

Rainbow Light

SUPER C 1000 60
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 1,000 IU GUMMIES 50
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Pasta

Orgran

Corn & Vegetable Spirals
Rice & Corn Lasagne Mini Sheets
Rice & Corn Penne
Rice & Corn Spaghetti
Rice & Corn Tortellini
Rice & Millet Spirals

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki