

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Southglenn 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
- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Millet Flour
- White Rice Flour
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Fudge Brownie Mix

#### Ener-G

- Egg Replacement
- Sweet Rice Flour

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### Baking Needs (Cont'd)

#### Hain

- Baking Powder

#### Orgran

- 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

#### Glutino

- Premium Pizza Crusts

## Candy and Chocolate

### Enjoy Life

- 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

### 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, Curry
- Sticks & Twigs, Sea Salt
- Sticks & Twigs, Tomato Chipotle

## Condiments

### Organicville

- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

## Cookies and Snack Bars

### Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Snickerdoodle Cookie Pack
- Soft Baked Gingerbread Spice Cookie
- 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, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Original

## Dairy Alternatives

### So Delicious

- Chocolate Cultured Coconut Milk Yogurt
- 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
- Pina Colada Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
- 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 - Pumpkin

## Desserts (Cont'd)

### So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Bean 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 Brownie Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix  
Fudge Brownie Mix

### 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  
French Toast Sticks, Wheat Free Gluten Free  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Kids Meal, Mac No Cheese  
Popcorn Turkey Corn Dogs

## Frozen Foods (Cont'd)

### It's Soy Delicious

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  
Peanut Butter Zig Zag 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  
Kidz Assorted Fruit Pops  
Vanilla Bean 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  
Wheat Free Mini 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 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

¿0¿ Vegetarian capsules (box) / 100

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle

Alive! Whole Food C, 120 Vcaps

Alive! Whole Food C, Pwd 120 g

Alive!® (no iron added) / 90 Tb

Alive!® / 180 Tb

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30

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 / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw

Umcka ColdCare® Cherry Syrup / 4 oz

Umcka ColdCare® Children's Cherry Syrup / 4 oz

## Nutritional Supplements (Cont'd)

### Nature's Way Umcka

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Umcka ColdCare® Menthol Syrup / 4 oz

Umcka ColdCare® Mint-Menthol Chewable / 20 Chw

Umcka ColdCare® Original Liquid / 1 oz

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30

ACTIVE HEALTH TEEN MULTIVITAMIN 90

ACTIVE SENIOR MULTIVITAMIN 90

CALCIUM CITRATE MINI TABS 120

COMPLETE PRENATAL SYSTEM 180

COMPLETE PRENATAL SYSTEM 360

CONGEST-AWAY 60

COUNTER ATTACK 30

COUNTER ATTACK 90

FOOD-BASED CALCIUM 180

FOOD-BASED CALCIUM 90

GUMMY BEAR ESSENTIALS 30

GUMMY OMEGALICIOUS 30

GUMMY VITAMIN C SLICES 30

JUST ONCE IRON-FREE MULTIVITAMIN 120

JUST ONCE MULTIVITAMIN 120

MAGNESIUM CALCIUM "+" 180

MEN'S ONE MULTIVITAMIN 150

MEN'S ONE MULTIVITAMIN 90

NUTRISTART MULTIVITAMIN POWDER 30

PRENATAL ONE MULTIVITAMIN 150

PRENATAL ONE MULTIVITAMIN 30

PRENATAL ONE MULTIVITAMIN 90

PROBIOACTIVE 1B 90

PROTEIN ENERGIZER CHOCOLATE

PROTEIN ENERGIZER VANILLA

VITAMIN D 1,000 IU GUMMIES 50

VITAMIN D 400 IU GUMMIES 60

WOMEN'S ONE MULTIVITAMIN 90

## Nuts/Seeds/Dried Fruits

### Enjoy Life

Not Nuts! Beach Bash Trail Mix

## **Pasta**

### **Orgran**

- Corn & Vegetable Spirals
- Rice & Corn Lasagne Mini Sheets
- Rice & Corn Macaroni
- Rice & Corn Spaghetti
- Rice & Corn Tortellini
- Vegetable Rice Spirals

## **Sauces/Salsas/Dips**

### **Organicville**

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Sesame Teriyaki