

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Tamarac 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
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Fudge Brownie Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix

#### Ener-G

- Egg Replacement
- Tapioca 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
- Vanilla Coconut Milk Kefir

### Bread

#### Ener-G

- High Fiber Loaf

### 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  
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, Twists

### Mary's Gone Crackers

Sticks & Twigs, Curry  
Sticks & Twigs, Tomato Chipotle

## Condiments

### Organicville

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Pomegranate 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  
Very Berry Snack Bars

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

## Crackers

### Mary's Gone Crackers

Crackers, Black Pepper  
Crackers, Caraway  
Crackers, Herb  
Crackers, Onion  
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  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Pina Colada Cultured Coconut Milk Yogurt  
Strawberry Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir

### WestSoy

Soy Beverage, Unsweetened Chocolate 32 oz

## Desserts

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Passionate Mango 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

Fudge Brownie Mix

Sugar Cookie Mix

Vanilla Frosting Mix

### Organ

Falafel Mix

Vegetarian Gravy Mix

## Ethnic Foods

### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

### Organ

Falafel Mix

## Frozen Foods

### Ian's Natural Foods

Chicken Fingers, Allergen Free

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, 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

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert

Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Mocha Almond Fudge Non-Dairy Frozen Dessert

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

Purely Vanilla 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

Passionate Mango 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

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 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

## Hand & Body Washes (Cont'd)

### 365 Every Day Value™

- Shower Gel Herbal Mint
- Shower Gel Lavender Blend

## Jams and Nut Butters

### Arrowhead Mills

- Organic Creamy Peanut Butter, 16 oz
- 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! Liquid Vitamin-30 oz. bottle
- Alive!® / 90 Tb

### Nature's Way Sambucus

- Sambucus Syrup / 8 oz
- Sambucus for Kids / 4 oz
- Sambucus for Kids / 8 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® Lemon Hot Drink / 10 pkts/bx
- Umcka ColdCare® Menthol Syrup / 4 oz
- Umcka ColdCare® Mint-Menthol Chewable / 20 Chw
- Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz
- Umcka® Cold+Flu Orange Syrup / 4 oz.

## Nutritional Supplements (Cont'd)

### Rainbow Light

- ACTIVE SENIOR MULTIVITAMIN 90
- CHEWABLE CALCIUM CITRATE MULTI-MINS 45
- COMPLETE PRENATAL SYSTEM 360
- COUNTER ATTACK 30
- EVERYDAY FIBER SYSTEM VCAPS 180
- FOOD-BASED CALCIUM 90
- GUMMY OMEGALICIOUS 30
- GUMMY POWER SOURS 30
- GUMMY VITAMIN C SLICES 30
- JUST ONCE MULTIVITAMIN 30
- KID'S ONE MULTISTARS 90
- MAGNESIUM CALCIUM "+" 180
- MEN'S ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL PETITE MULTIVITAMIN 90
- VITAMIN D 1,000 IU GUMMIES 50
- WOMEN'S ONE MULTIVITAMIN 150

## 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 Penne
- Rice & Corn Spaghetti
- Rice & Millet Spirals

## Sauces/Salsas/Dips

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### Orgran

- Vegetarian Gravy Mix