

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Washington Park 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 Brownie Mix
- Millet Flour
- Yellow Corn Meal

#### Ener-G

- Egg Replacement
- Rice Bran

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### Beverages

#### So Delicious

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

### 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, Twists

## Condiments

### Organicville

- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic 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
- Very Berry Snack Bars

### Glutino

- 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
- 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
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Strawberry Cultured Coconut Milk Yogurt

## Dairy Alternatives (Cont'd)

### So Delicious

- Unsweetened Coconut Milk Beverage
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Coconut Milk Beverage
- Vanilla Cultured Coconut Milk Yogurt

### 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
- 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

### Ener-G

- Rice Bran

## 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

- Neopolitan Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert  
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert  
Cookie Dough 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  
Pomegranate Chip 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  
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 Flax Waffles  
Wheat Free Homestyle Waffles

## Hair Care Products

### 365 Every Day Value™

Conditioner Fragrance Free  
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™

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

### Maranatha

Roasted Sesame Tahini

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Vacuum-Pack 12 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!® (no iron added) / 180 Tb  
Alive!® / 30 Tb  
Alive!® / 60 Tb  
Alive!® / 90 Tb

### Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz  
Sambucus Syrup / 4 oz  
Sambucus for Kids / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Cherry Syrup / 8 oz  
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

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

### **Nature's Way Umcka**

Umcka® Cold+Flu Orange Syrup / 4 oz.

### **Rainbow Light**

EVERYDAY CALCIUM WITH ENZYMES 120  
FOOD-BASED CALCIUM 90  
JUST ONCE MULTIVITAMIN 60  
KID'S ONE MULTISTARS 30  
MAGNESIUM CALCIUM "+" 90  
MEN'S ONE MULTIVITAMIN 90  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PROTEIN ENERGIZER CHOCOLATE  
THINBERRY DIET 60  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S NUTRITIONAL SYSTEM 180  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

### **Vibrant Health**

Dumontiaceae Red Algae

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Beach Bash Trail Mix

## **Pasta**

### **Organ**

Rice & Corn Penne  
Rice & Corn Spaghetti

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Medium Salsa