

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Alpharetta Store, South 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.

Baked Goods

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Fudge Brownie Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix

Ener-G

- Egg Replacement
- Tapioca Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

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 Cinnamon & Raisin Bread
- Premium Fiber Bread
- Premium Flax Seed Bread

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

Enjoy Life

- Cinnamon Crunch Granola

WFM Gluten Free Bakehouse

- Fruit and Nut Granola

Chips/Pretzels/Snacks

Glutino

- Pretzels, Sesame Rings
- Pretzels, Sticks

Mary's Gone Crackers

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

Condiments

Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- 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

- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Snickerdoodle Cookies

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- 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
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

Dairy Alternatives (Cont'd)

So Delicious

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

Desserts

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Mocha Almond Fudge 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 All Purpose Baking Mix
Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix
Fudge Brownie Mix

Entrees and Mixes (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix
Sugar Cookie Mix
Vanilla Frosting Mix

Orgran

Falafel Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Orgran

Falafel Mix

Frozen Foods

Ian's Natural Foods

Chicken Fingers, Allergen Free

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Kidz Assorted Fruit Pops
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bar, Made with Coconut Milk
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Sweet Nothings

Non-Dairy Fudge Bar

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles

Frozen Foods (Cont'd)

Van's

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 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

Nutritional Supplements

Nature's Way Alive!

Alive!® / 30 Tb
Alive!® / 90 Vcaps®

Nature's Way Sambiflu

Sambiflu_z / 4 oz

Nature's Way Sambucus

Sambucus Immune Syrup / 8 oz
Sambucus Lozenge / 30
Sambucus Sugar-Free Syrup / 8 oz
Sambucus Syrup / 4 oz

Nature's Way Umcka

Umcka ColdCare® Original Liquid / 1 oz
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

Nutritional Supplements (Cont'd)

Nature's Way Umcka

Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30
ACTIVE SENIOR MULTIVITAMIN 30
BUSY BRAIN RELEASE 60
CANDIDA CLEANSE 60
COMPLETE PRENATAL SYSTEM 180
ENERGIZER ONE MULTIVITAMIN 90
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY VITAMIN C SLICES 30
JUST ONCE IRON-FREE MULTIVITAMIN 120
KID'S ONE MULTISTARS 30
MEN'S ONE MULTIVITAMIN 150
NUTRISTART MULTIVITAMIN POWDER 30
PRENATAL ONE MULTIVITAMIN 30
PROTEIN ENERGIZER VANILLA
SUPER C POWDER 4 OZ
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150

Sauces/Salsas/Dips

Organicville

Organic Medium Salsa
Organic Pineapple Salsa
Organic Sesame Teriyaki