

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Briarcliff 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

- Carrot Cake
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Ener-G

- Egg Replacement

#### Hain

- Baking Powder

### Beverages

#### So Delicious

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

### Bread

#### Glutino

- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

### 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  
Organic Yellow Corn Grits

## Chips/Pretzels/Snacks

### Glutino

Pretzels, Sesame Rings

### Mary's Gone Crackers

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

## Condiments

### Organicville

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
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 Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

## Cookies and Snack Bars

### Enjoy Life

Caramel Apple Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### 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

## Dairy Alternatives

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
Chocolate 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  
Passionate Mango Cultured Coconut Milk Yogurt  
Plain 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

### WestSoy

Plus Soy Beverage, Plain 64 oz  
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  
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Desserts (Cont'd)

### WFM Gluten Free Bakehouse

Carrot Cake

## Frozen Foods

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

### It's Soy Delicious

Vanilla Non-Dairy Frozen Dessert

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert

Mocha Fudge Non-Dairy Frozen Dessert

### 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

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

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 French Toast Sticks Cinnamon

## 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

Creamy Peanut Butter, 26 oz

### Maranatha

Roasted Sesame Tahini

## Nutritional Supplements

### Nature's Way Alive!

Alive!® (no iron added) / 180 Tb

Alive!® (no iron added) / 30 Tb

Alive!® / 180 Tb

Alive!® / 30 Tb

### Nature's Way Sambucus

Sambucus for Kids / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz

### Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90

CERTIFIED ORGANIC PRENATAL MULTI 120

CERTIFIED ORGANIC WOMENS MULTI 120

COMPLETE B-COMPLEX 90

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

### **Rainbow Light**

COMPLETE PRENATAL SYSTEM 360  
COMPLETE PRENATAL SYSTEM 60  
ENERGY B-COMPLEX 45  
EVERYDAY CALCIUM WITH ENZYMES 120  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 90  
JUST ONCE IRON-FREE MULTIVITAMIN 60  
JUST ONCE MULTIVITAMIN 120  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
VITAMIN D 1,000 IU GUMMIES 50  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30

### **Vibrant Health**

Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Medium Salsa  
Organic Mild Salsa