

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



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

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Vanilla Frosting Mix

Ener-G

- Egg Replacement
- Tapioca Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

Orgran

- Egg Replacer

Beverages

So Delicious

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

Beverages (Cont'd)

So Delicious

Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir

Bread

Ener-G

Brown Rice Loaf
White Rice Bread

Glutino

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

Canned Goods

Organ

Canned Spaghetti in Tomato Sauce

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

Glutino

Pretzels, Sesame Rings
Pretzels, Sticks
Pretzels, Twists

Chips/Pretzels/Snacks (Cont'd)

Mary's Gone Crackers

Sticks & Twigs, Tomato Chipotle

Condiments

Organicville

Organic Dressing, French
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies
Sunbutter Crunch Snack Bars
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
Crackers, Original

Dairy Alternatives

So Delicious

Blueberry Cultured Coconut Milk Yogurt
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
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 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

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

WFM Gluten Free Bakehouse

Carrot Cake

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
Pancake & Waffle Mix
Vanilla Frosting Mix

Orgran

Falafel Mix
Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Orgran

Falafel Mix

Frozen Foods

Ian's Natural Foods

Chicken Fingers, Allergen Free
Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Popcorn Turkey Corn Dogs

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
Creamy Vanilla Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Purely Decadent

Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Mocha Almond Fudge 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
Kidz Assorted Fruit Pops
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
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™

Conditioner Fragrance Free
Shower Gel Fragrance Free
Shower Gel Herbal Mint
Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

Creamy Peanut Butter, 26 oz
Crunchy 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!® (no iron added) / 90 Vcaps®
Alive!® / 60 Tb
Alive!® / 90 Tb
Alive!® / 90 Vcaps®

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz
Sambucus Immune Syrup / 8 oz
Sambucus Lozenge / 30
Sambucus Syrup / 4 oz
Sambucus Syrup / 8 oz
Sambucus for Kids / 4 oz
Sambucus for Kids / 8 oz

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Cherry Syrup / 8 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Nutritional Supplements (Cont'd)

Nature's Way Umcka

Umcka ColdCare® Mint-Menthol Chewable / 20 Chw
Umcka ColdCare® Original Liquid / 1 oz
Umcka ColdCare® Original Liquid / 2 oz
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz
Umcka® Cold+Flu Orange Syrup / 4 oz.

Pioneer Nutrition

B Complex- 60 tab
Calcium Magnesium, Vegetarian- 120 tab

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
ACTIVE SENIOR MULTIVITAMIN 90
CALCIUM CITRATE MINI TABS 120
CERTIFIED ORGANIC PRENATAL MULTI 120
CHEWABLE CALCIUM CITRATE MULTI-MINS 45
COMPLETE IRON SYSTEM 60
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY CALCIUM WITH ENZYMES 240
EVERYONE'S OMEGA 60
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
GUMMY VITAMIN C SLICES 30
JUST ONCE IRON-FREE MULTIVITAMIN 120
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
NUTRISTART MULTIVITAMIN POWDER 30
PAIN - EZE 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S NUTRITIONAL SYSTEM 180
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30

Nutritional Supplements (Cont'd)

Vibrant Health

Cholesterol Blocker
Dumontiaceae Red Algae
Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Beach Bash Trail Mix

Pasta

Orgran

Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki