

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Mountain Brook 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

### 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  
White Rice Flour  
Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Chocolate Chip Cookie Mix

### Baking Needs (Cont'd)

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix  
Pancake & Waffle Mix

#### Ener-G

Egg Replacement  
Potato Flour  
Tapioca Flour

#### Enjoy Life

Semi-Sweet Chocolate Chips

#### Orgran

Egg Replacer  
Gluten Replacer

### Beverages

#### So Delicious

Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Kefir  
Strawberry Coconut Milk Kefir

## **Beverages (Cont'd)**

### **So Delicious**

Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir

## **Bread**

### **Glutino**

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

## **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

### **WFM Gluten Free Bakehouse**

Fruit and Nut Granola

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzels, Sticks  
Pretzels, Twists

## **Chips/Pretzels/Snacks (Cont'd)**

### **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, 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  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Lively Lemon 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

## Cosmetics

### Crazy Rumors

- Breeze Lip Color
- Pear & Peppermint Lip Balm
- Pineapple & Peppermint Lip Balm
- Sunset Lip Color
- Tropical Lip Color

## 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
- 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

- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Pancake & Waffle Mix

### Orgran

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

## Ethnic Foods

### Organicville

- Organic Sesame Teriyaki

### Orgran

- Falafel Mix

## Frozen Foods

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs

### Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Strawberry 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  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Purely Vanilla Non-Dairy Frozen Dessert  
Turtle Trails Non-Dairy Frozen Dessert

### So Delicious

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

### Van's

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

Crunchy Peanut Butter, 26 oz

### Maranatha

Roasted Sesame Tahini

## Nutritional Supplements

### Nature's Way Alive!

Alive!® (no iron added) / 30 Tb  
Alive!® (no iron added) / 60 Tb  
Alive!® (no iron added) / 90 Tb  
Alive!® / 30 Tb

### Nature's Way Sambucus

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

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Children's Cherry FastActive / 10 Ct  
Umcka ColdCare® Children's Cherry Syrup / 4 oz  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka® Cold+Flu Orange Syrup / 4 oz.

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30  
ACTIVE SENIOR MULTIVITAMIN 90  
ALL-ZYME DOUBLE STRENGTH 90  
AM CITRUS CLEANSE 14  
CANDIDA CLEANSE 60  
GUMMY OMEGALICIOUS 30  
GUMMY POWER SOURS 30  
GUMMY VITAMIN C SLICES 30  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150

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

### **Rainbow Light**

MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
MINTASURE 75  
NAIL, HAIR & SKIN CONNECTION 60  
PRENATAL ONE MULTIVITAMIN 30  
PROTEIN ENERGIZER ACAI  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
SUPRACLEAR SINUS AND CHEST 30  
THINBERRY DIET 60  
ULTRA ENERGY PLUS 60  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S NUTRITIONAL SYSTEM 180  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

## **Pasta**

### **Orgran**

Pasta Ready Meal - Spaghetti with Tomato & Basil  
Sauce

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Medium Salsa  
Organic Mild Salsa  
Organic Pineapple Salsa  
Organic Sesame Teriyaki