

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Ponce de Leon 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
- Morning Glory Muffins

Baking Needs

Arrowhead Mills

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

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Fudge Brownie Mix
- Pancake & Waffle Mix

Ener-G

- Egg Replacement
- Potato Flour
- Tapioca Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Orgnan

- 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 Corn Bread
- 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 Dark Chocolate Bar

Cereal

Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

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, 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 Lively Lemon Cookies
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

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

Dairy Alternatives (Cont'd)

So Delicious

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
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

WestSoy

Plus Soy Beverage, Plain 64 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

Desserts (Cont'd)

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

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix
Chocolate Frosting Mix
Fudge Brownie Mix
Pancake & Waffle Mix

Orgran

Falafel Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Orgran

Falafel Mix

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

Awesome Chocolate Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert
Green Tea Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

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

Frozen Foods (Cont'd)

Purely Decadent

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
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
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

Hair Care Products (Cont'd)

365 Every Day Value™

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

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive!® (no iron added) / 30 Tb
Alive!® / 180 Tb
Alive!® / 30 Tb
Alive!® / 90 Vcaps®
Alive!® Soy Shake Vanilla / 1.3 lbs

Nature's Way Sambucus

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

Nature's Way Umcka

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

Nutritional Supplements (Cont'd)

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
ALL-ZYME DOUBLE STRENGTH 90
CERTIFIED ORGANIC MENS MULTI 120
CERTIFIED ORGANIC PRENATAL MULTI 120
COMPLETE B-COMPLEX 90
COMPLETE IRON SYSTEM 60
COMPLETE PRENATAL SYSTEM 180
EVERYDAY CALCIUM WITH ENZYMES 240
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY POWER SOURS 30
GUMMY VITAMIN C SLICES 30
JUST ONCE MULTIVITAMIN 30
KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
NUTRISTART MULTIVITAMIN POWDER 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PROBIOACTIVE 1B 90
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER VANILLA
VITAMIN D 1,000 IU GUMMIES 100
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Cholesterol Blocker

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa