

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Poplar 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
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

### Baking Needs (Cont'd)

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Vanilla Frosting Mix

#### Ener-G

- Egg Replacement
- Tapioca Flour

#### Enjoy Life

- Semi-Sweet Chocolate Chips

### 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 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

### Enjoy Life

Very Berry Crunch Granola

### WFM Gluten Free Bakehouse

Fruit and Nut Granola

## Chips/Pretzels/Snacks

### Glutino

Pretzels, Sesame Rings  
Pretzels, Sticks  
Pretzels, Twists

### Mary's Gone Crackers

Sticks & Twigs, Curry  
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

## Condiments (Cont'd)

### Organicville

Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup

## Cookies and Snack Bars

### Enjoy Life

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Double Chocolate Brownie 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

### 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

## Dairy Alternatives (Cont'd)

### So Delicious

- 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 Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

### 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

### WFM Gluten Free Bakehouse

- Carrot Cake

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Vanilla Frosting Mix

## Entrees and Mixes (Cont'd)

### Orgran

- Falafel Mix

## Ethnic Foods

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### Orgran

- Falafel Mix

## Frozen Foods

### Ian's Natural Foods

- Chicken Patties, Wheat Free Gluten 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
- Green Tea Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

### Organic So Delicious

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

## Frozen Foods (Cont'd)

### 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

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free French Toast Sticks Cinnamon  
Wheat Free 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 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

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Vacuum-Pack 12 oz

## Nutritional Supplements

### Nature's Way Alive!

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

### Nature's Way Sambucus

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

### Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®  
Thisilyn® Mineral Cleansing Kit / 1 kit

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

### Pioneer Nutrition

B Complex- 60 tab

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30  
ACTIVE HEALTH TEEN MULTIVITAMIN 90  
ACTIVE SENIOR MULTIVITAMIN 30  
CALCIUM CITRATE MINI TABS 120  
CERTIFIED ORGANIC MENS MULTI 120  
CHEWABLE CALCIUM CITRATE MULTI-MINS 45  
COMPLETE B-COMPLEX 180  
COMPLETE B-COMPLEX 90  
COMPLETE IRON SYSTEM 60  
COMPLETE PRENATAL SYSTEM 60  
EVERYDAY CALCIUM WITH ENZYMES 120

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

### **Rainbow Light**

EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
JUST ONCE IRON-FREE MULTIVITAMIN 120  
JUST ONCE MULTIVITAMIN 120  
JUST ONCE MULTIVITAMIN 30  
KID'S ONE MULTISTARS 90  
MAGNESIUM CALCIUM "+" 180  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PRENATAL PETITE MULTIVITAMIN 180  
REJUVENAGE 40+ MULTI 60  
SUPRACLEAR SINUS AND CHEST 30  
THINBERRY OPTI-CURB  
ULTRA ENERGY PLUS 60  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki  
Organic Medium Salsa  
Organic Sesame Teriyaki