

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Beverly Hills Store, Southern Pacific 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

1-2-3 Gluten Free

Divinely Decadent Brownie Mix
Sweet Goodness Pan Bar Mix

Arrowhead Mills

Blue Corn Meal
Gluten Free Brownie Mix
Millet Flour
Soy Flour
White Rice Flour
Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

Fudge Brownie Mix

Baking Needs (Cont'd)

Hain

Baking Powder

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

Bread

Ener-G

Bread Crumbs
Tapioca Loaf

Glutino

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
- Very Berry Crunch Granola

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, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sesame Goddess
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup
- Organic Tangy BBQ Sauce

Cookies and Snack Bars

Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars

Cookies and Snack Bars (Cont'd)

Enjoy Life

- 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
- Very Berry Snack Bars

Glutino

- 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
- 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 Non-Dairy Frozen Coconut Milk Dessert
- 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

Dairy Alternatives (Cont'd)

So Delicious

- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Coconut Milk Beverage
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Soy Beverage, Unsweetened Chocolate 32 oz

Desserts

Earth Cafe

- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Banana
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Blueberry
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Car
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Cherry
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Coconut
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Lemon
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Peach
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Raspberry
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Strawberry
- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Sweet Potato

Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

So Delicious

- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

- Dark Chocolate Bars - individual bars

Entrees and Mixes

Arrowhead Mills

- Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

- Fudge Brownie Mix

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Ian's Chicken Nuggets, Allergen Free Kids Meal, Mac No Cheese

It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

- Creamy Vanilla Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl 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

Frozen Foods (Cont'd)

So Delicious

Coconut Almond Bar, Made with Coconut Milk
Coconut Non-Dairy Frozen Coconut Milk Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
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 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

Nutritional Supplements

Nature's Way Alive!

Alive! Whole Food C, 120 Vcaps
Alive!® (no iron added) / 90 Tb
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 Lozenge / 30
Sambucus Syrup / 4 oz
Sambucus Syrup / 8 oz
Sambucus for Kids / 4 oz

Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz
Umcka ColdCare® Children's Cherry FastActive / 10 Ct
Umcka ColdCare® Children's Cherry Syrup / 4 oz
Umcka ColdCare® Menthol Syrup / 4 oz
Umcka ColdCare® Menthol Syrup / 8 oz
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz
Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 30
ACTIVE SENIOR MULTIVITAMIN 90
ALLERGY RESCUE 60
CALCIUM CITRATE MINI TABS 120
COMPLETE B-COMPLEX 90
COMPLETE IRON SYSTEM 60
COMPLETE PRENATAL SYSTEM 180
COUNTER ATTACK 30
COUNTER ATTACK 90
ENERGIZER ONE MULTIVITAMIN 90
ENERGY B-COMPLEX 45
EVERYDAY CALCIUM WITH ENZYMES 120
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30

Nutritional Supplements (Cont'd)

Rainbow Light

GUMMY POWER SOURS 30
GUMMY VITAMIN C SLICES 30
JUST ONCE MULTIVITAMIN 30
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
MINTASURE 75
OSTEO - BUILD 120
PAIN - EZE 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 180
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
PROTEIN ENERGIZER WHEY
REJUVENAGE 40+ MULTI 60
SUPER C 1000 60
THINBERRY DIET 60
THINBERRY OPTI-CURB
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Curcuminoids-95+

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Mountain Mambo Trail Mix

Sauces/Salsas/Dips

Organicville

Organic Mild Salsa
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce