

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Hillcrest 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

- Carrot Cake
- Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix
- Yellow Cake Mix

Ener-G

- Egg Replacement

Enjoy Life

- Semi-Sweet Chocolate Chips

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
- Vanilla Coconut Milk Kefir

Bread

Ener-G

Bread Crumbs

Glutino

Premium Cinnamon & Raisin Bread
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 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

Enjoy Life

Cinnamon Crunch Granola
Very Berry Crunch Granola

Chips/Pretzels/Snacks

Glutino

Pretzels, Sesame Rings
Pretzels, Twists

Condiments

Organicville

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, Sesame Goddess

Condiments (Cont'd)

Organicville

Organic Dressing, Sesame Tamari Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Original BBQ Sauce
Organic Tangy BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip 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

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
French Vanilla Coconut Milk Creamer

Dairy Alternatives (Cont'd)

So Delicious

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

Organic Soy Beverage, Unsweetened Original 64 oz
Plus Soy Beverage, Plain 64 oz
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

Desserts (Cont'd)

Earth Cafe

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

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

WFM Gluten Free Bakehouse

Carrot Cake

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix
Chocolate Chip Cookie Mix
Fudge Brownie Mix
Sugar Cookie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert
Awesome Chocolate Non-Dairy Frozen Dessert

Frozen Foods (Cont'd)

It's Soy Delicious

Chocolate Almond Non-Dairy Frozen Dessert
Chocolate Peanut Butter Non-Dairy Frozen Dessert
Green Tea 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
Mint Marble Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Strawberry 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
Cookie Dough (Gluten Free) Non-Dairy Frozen 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
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bar, Made with Coconut Milk
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Frozen Foods (Cont'd)

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

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 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

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive!® (no iron added) / 90 Vcaps®
Alive!® / 90 Tb

Nutritional Supplements (Cont'd)

Nature's Way Alive!

Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Alive!® Rice/Pea Shake Vanilla / 2.2 lbs

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz

Sambucus Sugar-Free Syrup / 4 oz

Sambucus Syrup / 4 oz

Sambucus for Kids / 4 oz

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz

Umcka ColdCare® Cherry Chewable / 20 Chw

Umcka ColdCare® Cherry Syrup / 4 oz

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Umcka ColdCare® Menthol Syrup / 4 oz

Umcka ColdCare® Mint-Menthol Chewable / 20 Chw

Umcka ColdCare® Original Liquid / 2 oz

Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

CANDIDA CLEANSE 60

CERTIFIED ORGANIC WOMENS MULTI 120

COMPLETE B-COMPLEX 180

COMPLETE PRENATAL SYSTEM 360

COUNTER ATTACK 30

EVERYDAY CALCIUM WITH ENZYMES 120

FOOD-BASED CALCIUM 90

GET WELL SOON 45

GUMMY BEAR ESSENTIALS 30

GUMMY OMEGALICIOUS 30

GUMMY POWER SOURS 30

GUMMY VITAMIN C SLICES 30

KID'S ONE MULTISTARS 30

MAGNESIUM CALCIUM "+" 90

MEN'S ONE MULTIVITAMIN 150

MINTASURE 75

PRENATAL ONE MULTIVITAMIN 150

PRENATAL ONE MULTIVITAMIN 30

PRENATAL PETITE MULTIVITAMIN 90

PROTEIN ENERGIZER VANILLA

VITAMIN D 1,000 IU GUMMIES 100

WOMEN'S NUTRITIONAL SYSTEM 180

WOMEN'S ONE MULTIVITAMIN 150

Nutritional Supplements (Cont'd)

Rainbow Light

WOMEN'S ONE MULTIVITAMIN 30

Vibrant Health

Curcuminoids-95+

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Beach Bash Trail Mix

Not Nuts! Mountain Mambo Trail Mix

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce