

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Hollywood 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
- Honey Oat Bread
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### 1-2-3 Gluten Free

- Chewy Chipless Scrumdelicious Cookie Mix
- Southern Glory Biscuit Mix
- Sweet Goodness Pan Bar Mix

#### Arrowhead Mills

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

### Baking Needs (Cont'd)

#### Arrowhead Mills

- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Ener-G

- Egg Replacement
- Potato Mix
- Rice Bran

### 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**

Brown Rice Loaf  
Tapioca Loaf

### **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

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

### **Enjoy Life**

Cinnamon Crunch Granola

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzels, Sticks  
Pretzels, Twists

### **Mary's Gone Crackers**

Sticks & Twigs, Sea Salt

## **Condiments**

### **Organicville**

Organic Dressing, French  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Sesame Goddess  
Organic Dressing, Sesame Tamari Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup

## **Condiments (Cont'd)**

### **Organicville**

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 Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Lively Lemon Cookies  
Sunbutter Crunch Snack Bars

### **Glutino**

Breakfast Bars, Apple

### **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  
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

## Dairy Alternatives (Cont'd)

### So Delicious

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

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 - Strawberry

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

## Desserts (Cont'd)

### So Delicious

Coconut 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

### Ener-G

Rice Bran

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free  
Popcorn Turkey Corn Dogs

### It's Soy Delicious

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

Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert  
Mint Marble Fudge Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

Cherry Nirvana 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  
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mint Chocolate Chip Non-Dairy Frozen Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Peanut Butter Zig Zag 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  
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Bar, Made with Coconut Milk  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### Van's

Wheat Free Blueberry 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 Lotions

### 365 Every Day Value™

Body Lotion Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

Shower Gel Fragrance Free  
Shower Gel Herbal Mint  
Shower Gel Lavender Blend

## Jams and Nut Butters

### Arrowhead Mills

Organic Creamy Peanut Butter, 16 oz  
Organic Creamy Peanut Butter, 26 oz  
Organic Crunchy Peanut Butter, 26 oz

## Nutritional Supplements

### Nature's Way Alive!

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

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30  
Sambucus Immune Syrup / 8 oz  
Sambucus Sugar-Free Syrup / 4 oz  
Sambucus Syrup / 4 oz  
Sambucus for Kids / 4 oz  
Sambucus for Kids / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Menthol Syrup / 4 oz  
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz  
Umcka® Cold+Flu Berry Syrup / 4 oz.

### Rainbow Light

ALLERGY RESCUE 60  
CALCIUM CITRATE MINI TABS 120  
CERTIFIED ORGANIC PRENATAL MULTI 120  
CERTIFIED ORGANIC WOMENS MULTI 120

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

### **Rainbow Light**

COMPLETE PRENATAL SYSTEM 180  
COUNTER ATTACK 30  
COUNTER ATTACK 90  
EVERYDAY CALCIUM WITH ENZYMES 120  
FOOD-BASED CALCIUM 180  
GUMMY VITAMIN C SLICES 30  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
PAIN - EZE 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL PETITE MULTIVITAMIN 90  
PROTEIN ENERGIZER ACAI  
PROTEIN ENERGIZER VANILLA  
SUPRACLEAR SINUS AND CHEST 30  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

### **Vibrant Health**

Dumontiaceae Red Algae

## **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 Mild Salsa  
Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce