

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Long Beach 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

- Almond Cookies
- Honey Oat Bread
- Morning Glory Muffins

### Baking Needs

#### 1-2-3 Gluten Free

- Divinely Decadent Brownie Mix

#### Arrowhead Mills

- Buckwheat Flour
- Long Grain Brown Rice Flour
- Millet Flour
- White Rice Flour
- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Fudge Brownie Mix

### Baking Needs (Cont'd)

#### Cherrybrook Kitchen Gluten Free Dreams

- Vanilla Frosting Mix
- Yellow Cake Mix

#### Ener-G

- Egg Replacement
- Rice Bran

#### 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

## **Beverages (Cont'd)**

### **So Delicious**

Vanilla Coconut Milk Kefir

## **Bread**

### **Ener-G**

Bread Crumbs

Brown Rice Loaf

Tapioca Loaf

### **Glutino**

Premium Corn Bread

### **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **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, Sticks

Pretzels, Twists

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

Sticks & Twigs, Sea Salt

## **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, Orange Cranberry Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sesame Goddess

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Cocoa Loco Snack Bars

Soft Baked Chewy Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies

Sunbutter Crunch Snack Bars

Very Berry Snack Bars

### **Glutino**

Breakfast Bars, Blueberry

### **WFM Gluten Free Bakehouse**

Almond 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  
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

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

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Fudge Brownie Mix  
Vanilla Frosting Mix

### Ener-G

Rice Bran

## Ethnic Foods

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Chicken Fingers, Allergen Free  
Chicken Patties, Wheat Free Gluten Free  
French Toast Sticks, Wheat Free Gluten Free  
Kids Meal, Mac No Cheese  
Popcorn Turkey Corn Dogs

## Frozen Foods (Cont'd)

### It's Soy Delicious

Almond Pecan 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  
Mocha Fudge Non-Dairy Frozen Dessert  
Non-Dairy Creamy Fudge Bar

### Purely Decadent

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  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Purely Vanilla 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

### Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

## Frozen Foods (Cont'd)

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

## Nutritional Supplements

### Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle  
Alive!® (no iron added) / 90 Vcaps®  
Alive!® Effervescent / 15 pkts/bx

### Nature's Way Sambucus

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

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

### **Nature's Way Umcka**

Umcka ColdCare® Cherry Chewable / 20 Chw  
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 / 1 oz  
Umcka® Cold+Flu Berry Syrup / 4 oz.

### **Rainbow Light**

BUSY BRAIN RELEASE 60  
COMPLETE IRON SYSTEM 60  
COMPLETE NUTRITIONAL SYSTEM 180  
COMPLETE PRENATAL SYSTEM 360  
COUNTER ATTACK 30  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY OMEGALICIOUS 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
NUTRISTART MULTIVITAMIN POWDER 30  
PAIN - EZE 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PRENATAL PETITE MULTIVITAMIN 90  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki  
Organic Mild Salsa  
Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce