

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Montana Avenue 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.

Baking Needs

Arrowhead Mills

Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

Sugar Cookie Mix

Ener-G

Rice Bran

Beverages

So Delicious

Original (Plain) Coconut Milk Beverage

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

Bread

Ener-G

Brown Rice Loaf

Glutino

Premium Cinnamon & Raisin Bread

Premium Fiber Bread

Premium Flax Seed Bread

Chips/Pretzels/Snacks

Ener-G

Wylde Pretzels

Glutino

Pretzels, Sesame Rings

Pretzels, Sticks

Pretzels, Twists

Condiments

Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Original BBQ Sauce
- Organic Tangy BBQ Sauce

Cookies and Snack Bars

Enjoy Life

- Caramel Apple Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Lively Lemon Cookies
- Sunbutter Crunch Snack Bars

Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Herb
- 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
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- 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 Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

Desserts

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Entrees and Mixes

Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix

Ener-G

- Rice Bran

Ethnic Foods

Organicville

- Organic Island Teriyaki

Frozen Foods

So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut 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 Buckwheat Waffles
- Wheat Free Flax Waffles

Hair Care Products

365 Every Day Value™

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 Washes

365 Every Day Value™

Shower Gel Herbal Mint
Shower Gel Lavender Blend

Nutritional Supplements

Nature's Way Alive!

Alive!® / 90 Vcaps®

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Alcohol Free Liquid / 2 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Menthol Syrup / 8 oz
Umcka ColdCare® Original Liquid / 1 oz
Umcka ColdCare® Original Liquid / 2 oz

Rainbow Light

BUSY BRAIN RELEASE 60
CANDIDA CLEANSE 60
FOOD-BASED CALCIUM 90
GUMMY OMEGALICIOUS 30
GUMMY VITAMIN C SLICES 30
MAGNESIUM CALCIUM "+" 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PROTEIN ENERGIZER WHEY
SUPER C 1000 60
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S NUTRITIONAL SYSTEM 180

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce