

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Redondo 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.

### Baking Needs

#### 1-2-3 Gluten Free

Divinely Decadent Brownie Mix

#### Arrowhead Mills

Blue Corn Meal

Gluten Free Brownie Mix

Millet Flour

#### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Chocolate Frosting Mix

Fudge Brownie Mix

Vanilla Frosting Mix

#### Ener-G

Egg Replacement

Rice Bran

#### Enjoy Life

Semi-Sweet Chocolate Chips

### 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

#### Glutino

Premium Flax Seed Bread

### Cereal

#### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

## Cereal (Cont'd)

### Arrowhead Mills

Organic Yellow Corn Grits

### 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, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
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

Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Snickerdoodle Cookies  
Sunbutter Crunch Snack Bars

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

## Crackers

### Mary's Gone Crackers

Crackers, Black Pepper  
Crackers, Caraway  
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  
Original (Plain) Coconut Milk Kefir  
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 Coconut Milk Beverage  
Vanilla Coconut Milk Kefir

### WestSoy

Organic Soy Beverage, Unsweetened Original 64 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

## Desserts (Cont'd)

### Earth Cafe

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

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Coconut Non-Dairy Frozen Coconut Milk Dessert

Mocha Almond Fudge Non-Dairy Frozen Coconut  
Milk Dessert

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Brownie Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Chocolate Frosting 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

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

### Organic So Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert

Chocolate Velvet Non-Dairy Frozen Dessert

Creamy Vanilla Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert

Mint Chip Non-Dairy Frozen Coconut Milk 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

### Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

### Van's

Wheat Free Blueberry Waffles

Wheat Free Buckwheat Waffles

Wheat Free Flax 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 Herbal Mint

Shampoo for Normal and Oily Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

Conditioner Fragrance Free  
Shower Gel Fragrance Free  
Shower Gel Lavender Blend

## Nutritional Supplements

### Nature's Way Alive!

Alive! Whole Food C, 120 Vcaps  
Alive! Whole Food C, Pwd 120 g  
Alive!® / 180 Tb  
Alive!® / 90 Vcaps®  
Alive!® Rice/Pea Shake Vanilla / 2.2 lbs

### Nature's Way Sambucus

Sambucus Lozenge / 30  
Sambucus Syrup / 8 oz  
Sambucus for Kids / 4 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
COMPLETE PRENATAL SYSTEM 60  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
GUMMY POWER SOURS 30  
JUST ONCE IRON-FREE MULTIVITAMIN 60  
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  
PAIN - EZE 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PROTEIN ENERGIZER ACAI  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

## Nutritional Supplements (Cont'd)

### Vibrant Health

Dumontiaceae Red Algae

## Sauces/Salsas/Dips

### Organicville

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