

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sherman Oaks 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

Molasses Ginger Cookies

Baking Needs

1-2-3 Gluten Free

Sweet Goodness Pan Bar Mix

Arrowhead Mills

Blue Corn Meal

Buckwheat Flour

Long Grain Brown Rice Flour

Millet Flour

Soy Flour

White Rice Flour

Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Fudge Brownie Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

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

Brown Rice Loaf
Tapioca Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Rice & Shine Hot Cereal

Enjoy Life

Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Ener-G

Crisp Pretzels

Glutino

Pretzels, Sesame Rings
Pretzels, Twists

Condiments

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Ketchup

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
Soft Baked Snickerdoodle Cookies
Sunbutter Crunch Snack Bars
Very Berry Snack Bars

Cookies and Snack Bars (Cont'd)

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
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
Original (Plain) Coconut Milk Kefir
Passionate Mango Cultured Coconut Milk Yogurt
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
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
Vanilla Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

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 - 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

Passionate Mango Non-Dairy Frozen Coconut Milk
Dessert

Entrees and Mixes

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Fudge Brownie Mix

Frozen Foods

Ian's Natural Foods

Chicken Fingers, Allergen Free

Chicken Patties, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

Ian's Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

It's Soy Delicious

Almond Pecan Non-Dairy Frozen Dessert

Awesome Chocolate 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

Mint Marble Fudge Non-Dairy Frozen Dessert

Mocha 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 Non-Dairy Frozen Coconut Milk
Dessert

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

Pomegranate Chip 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

Coconut Non-Dairy Frozen Coconut Milk Dessert

Passionate Mango Non-Dairy Frozen Coconut Milk
Dessert

Vanilla Bar, Made with Coconut Milk

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Frozen Foods (Cont'd)

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat 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 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

Nutritional Supplements

Nature's Way Alive!

- Alive! Liquid Vitamin-30 oz. bottle
- Alive! Whole Food C, 120 Vcaps
- Alive! Whole Food C, Pwd 120 g
- Alive!® (no iron added) / 180 Tb
- Alive!® / 180 Tb
- Alive!® / 90 Tb
- Alive!® / 90 Vcaps®

Nature's Way Sambucus

- Sambucus Immune 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® Alcohol Free Liquid / 2 oz
- Umcka ColdCare® Cherry Syrup / 4 oz

Nutritional Supplements (Cont'd)

Nature's Way Umcka

- Umcka ColdCare® Children's 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 / 1 oz
- Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz
- Umcka® Cold+Flu Berry Syrup / 4 oz.
- Umcka® Cold+Flu Orange Syrup / 4 oz.

Rainbow Light

- ACTIVE HEALTH TEEN MULTIVITAMIN 30
- ACTIVE SENIOR MULTIVITAMIN 30
- ACTIVE SENIOR MULTIVITAMIN 90
- BUSY BRAIN RELEASE 60
- CERTIFIED ORGANIC WOMENS MULTI 120
- COMPLETE B-COMPLEX 90
- COMPLETE NUTRITIONAL SYSTEM 180
- COMPLETE PRENATAL SYSTEM 180
- CONGEST-AWAY 60
- COUNTER ATTACK 30
- EVERYDAY CALCIUM WITH ENZYMES 120
- FOOD-BASED CALCIUM 180
- FOOD-BASED CALCIUM 90
- GUMMY BEAR ESSENTIALS 30
- GUMMY OMEGALICIOUS 30
- GUMMY POWER SOURS 30
- GUMMY VITAMIN C SLICES 30
- MAGNESIUM CALCIUM "+" 90
- MEN'S ONE MULTIVITAMIN 150
- MEN'S ONE MULTIVITAMIN 30
- MEN'S ONE MULTIVITAMIN 90
- MINTASURE 75
- NUTRISTART MULTIVITAMIN POWDER 30
- PRENATAL ONE MULTIVITAMIN 150
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL ONE MULTIVITAMIN 90
- PRENATAL PETITE MULTIVITAMIN 180
- PRENATAL PETITE MULTIVITAMIN 90
- REJUVENAGE 40+ MULTI 60
- SUPER C 1000 60
- THINBERRY OPTI-CURB

Nutritional Supplements (Cont'd)

Rainbow Light

VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ANSWER MULTIVITAMIN 180
WOMEN'S NUTRITIONAL SYSTEM 120
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Dumontiaceae Red Algae