

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Speedway 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

### Baking Needs

#### 1-2-3 Gluten Free

- Chewy Chipless Scrumdelicious Cookie Mix
- Divinely Decadent Brownie Mix
- Sweet Goodness Pan Bar Mix

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour

### Baking Needs (Cont'd)

#### Arrowhead Mills

- Yellow Corn Meal

#### Cherrybrook Kitchen Gluten Free Dreams

- Sugar Cookie Mix
- Vanilla Frosting 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

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

### **So Delicious**

Strawberry Coconut Milk Kefir  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage

## **Bread**

### **Ener-G**

Brown Rice Loaf  
Tapioca Loaf

### **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

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

### **Enjoy Life**

Cinnamon Crunch Granola  
Very Berry 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, Herbs de Provence Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette

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

### **Organicville**

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 Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
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  
Sunbutter Crunch Snack Bars  
Very Berry Snack Bars

### **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

## Dairy Alternatives (Cont'd)

### So Delicious

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  
Passionate Mango Cultured Coconut Milk Yogurt  
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert  
Pina Colada Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt  
Strawberry Coconut Milk Kefir  
Unsweetened Coconut Milk Beverage  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Coconut Milk Beverage  
Vanilla Cultured Coconut Milk Yogurt

## Desserts

### Earth Cafe

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

## Desserts (Cont'd)

### 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  
Passionate Mango 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

### Cherrybrook Kitchen Gluten Free Dreams

Sugar Cookie Mix  
Vanilla Frosting Mix

### Ener-G

Rice Bran

## Frozen Foods

### Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free

### It's Soy Delicious

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 Peanut Butter Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert  
Mint Marble Fudge Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Organic So Delicious

Neopolitan 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

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Mint Chocolate Chip Non-Dairy Frozen Dessert

Mocha Almond Fudge 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

Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### Van's

Wheat Free Mini 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 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 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, 16 oz

## Nutritional Supplements

### Nature's Way Alive!

Alive!® (no iron added) / 90 Tb

Alive!® Soy Shake Vanilla / 1.3 lbs

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30

Sambucus Immune Syrup / 4 oz

Sambucus Lozenge / 30

Sambucus Syrup / 4 oz

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz

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

## Rainbow Light

BUSY BRAIN RELEASE 60

CERTIFIED ORGANIC MENS MULTI 120

CERTIFIED ORGANIC PRENATAL MULTI 120

COUNTER ATTACK 30

EVERYDAY FIBER SYSTEM VCAPS 180

GUMMY OMEGALICIOUS 30

GUMMY POWER SOURS 30

GUMMY VITAMIN C SLICES 30

JUST ONCE MULTIVITAMIN 120

JUST ONCE MULTIVITAMIN 60

MAGNESIUM CALCIUM "+" 90

MEN'S ONE MULTIVITAMIN 90

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

### **Rainbow Light**

PRENATAL ONE MULTIVITAMIN 30  
PROTEIN ENERGIZER CHOCOLATE  
PROTEIN ENERGIZER VANILLA  
SUPER C 1000 60  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 90

### **Vibrant Health**

Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Mild Salsa  
Organic Tangy BBQ Sauce