

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Torrance 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
- Molasses Ginger Cookies
- Morning Glory Muffins

Baking Needs

1-2-3 Gluten Free

- Chewy Chipless Scrumdelicious Cookie Mix
- Sweet Goodness Pan Bar Mix

Arrowhead Mills

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

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Sugar Cookie Mix
- Vanilla Frosting 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

Beverages (Cont'd)

So Delicious

Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir

Bread

Ener-G

Bread Crumbs
Brown Rice Loaf

Glutino

Premium Cinnamon & Raisin Bread
Premium Corn Bread
Premium Flax Seed Bread
Premium Pizza Crusts

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

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

Ener-G

Crisp Pretzels

Glutino

Pretzels, Sesame Rings
Pretzels, Sticks
Pretzels, Twists

Condiments

Organicville

Organic Ketchup
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 Gingerbread Spice Cookie
Soft Baked Lively Lemon Cookies
Soft Baked Snickerdoodle Cookies
Sunbutter Crunch Snack Bars
Very Berry Snack Bars

Glutino

Breakfast Bars, Apple
Breakfast Bars, Blueberry

WFM Gluten Free Bakehouse

Almond Cookies
Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

Crackers, Black Pepper
Crackers, Herb
Crackers, Onion
Crackers, Original

Dairy Alternatives

So Delicious

Blueberry Cultured Coconut Milk Yogurt
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

Dairy Alternatives (Cont'd)

So Delicious

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 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 - 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 - 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

Coconut Non-Dairy Frozen Coconut Milk Dessert

Desserts (Cont'd)

So Delicious

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

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

Dark Chocolate Bars - individual bars

Entrees and Mixes

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix
Fudge Brownie Mix
Sugar Cookie Mix
Vanilla Frosting Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Kids Meal, Mac No Cheese
Popcorn Turkey Corn Dogs

It's Soy Delicious

Awesome Chocolate 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
Neopolitan Non-Dairy Frozen Dessert
Non-Dairy Creamy Fudge Bar

Frozen Foods (Cont'd)

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 (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
Pomegranate Chip Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert

So Delicious

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

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free Homestyle Waffles
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 Fragrance Free
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

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive! Whole Food C, Pwd 120 g
Alive!® (no iron added) / 180 Tb
Alive!® (no iron added) / 90 Tb
Alive!® (no iron added) / 90 Vcaps®
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Nature's Way Sambucus

Sambucus Sugar-Free 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® Children's Cherry Syrup / 4 oz
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Menthol Syrup / 4 oz
Umcka ColdCare® Menthol Syrup / 8 oz
Umcka ColdCare® Original Liquid / 1 oz
Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30
BUSY BRAIN RELEASE 60
COMPLETE PRENATAL SYSTEM 180

Nutritional Supplements (Cont'd)

Rainbow Light

COMPLETE PRENATAL SYSTEM 60
COUNTER ATTACK 30
ENERGY B-COMPLEX 45
EVERYDAY CALCIUM WITH ENZYMES 120
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
GUMMY VITAMIN C SLICES 30
KID'S ONE MULTISTARS 30
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
NAIL, HAIR & SKIN CONNECTION 60
NUTRISTART MULTIVITAMIN POWDER 30
PAIN - EZE 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER WHEY
REJUVENAGE 40+ MULTI 120
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Curcuminoids-95+

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce