

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Los Angeles 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

- Honey Oat Bread
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### 1-2-3 Gluten Free

- Chewy Chipless Scrumdelicious Cookie Mix
- Divinely Decadent Brownie Mix

#### Arrowhead Mills

- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Millet Flour
- White Rice Flour
- Yellow Corn Meal

### Baking Needs (Cont'd)

#### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Vanilla Frosting Mix
- Yellow Cake 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
- Strawberry Coconut Milk Kefir

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

### **So Delicious**

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

## **Bread**

### **Ener-G**

Bread Crumbs  
Brown Rice Loaf  
Tapioca Loaf

### **Glutino**

Premium Cinnamon & Raisin Bread  
Premium Corn Bread  
Premium Fiber Bread  
Premium Flax Seed Bread

### **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **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  
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**

### **Ener-G**

Crisp Pretzels

## **Chips/Pretzels/Snacks (Cont'd)**

### **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, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic 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  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Lively Lemon Cookies  
Soft Baked Snickerdoodle Cookies  
Sunbutter Crunch Snack Bars

### **Glutino**

Breakfast Bars, Blueberry

## Cookies and Snack Bars (Cont'd)

### 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  
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  
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

## Dairy Alternatives (Cont'd)

### WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz

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

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

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

Dark Chocolate Bars - individual bars

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Brownie Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix

Chocolate Chip Cookie Mix

Vanilla Frosting Mix

### Ener-G

Rice Bran

## Ethnic Foods

### Organicville

Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free

Ian's Chicken Nuggets, Allergen Free

### It's Soy Delicious

Awesome Chocolate 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 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

### 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

## Frozen Foods (Cont'd)

### Purely Decadent

Mint Chocolate Chip Non-Dairy Frozen Dessert

Mocha Almond Fudge Non-Dairy Frozen Dessert

Peanut Butter Zig Zag Non-Dairy Frozen Dessert

Purely Vanilla 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

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 French Toast Sticks Cinnamon

Wheat Free Homestyle Waffles

Wheat Free Mini Homestyle Waffles

## Hair Care Products

### 365 Every Day Value™

Conditioner Fragrance Free

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

## Hand & Body Lotions

### 365 Every Day Value™

Body Lotion 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

Crunchy Peanut Butter, 26 oz  
Organic Creamy Peanut Butter, 16 oz  
Organic Crunchy Peanut Butter, 16 oz

## Nutritional Supplements

### Nature's Way Alive!

Alive!® (no iron added) / 90 Vcaps®  
Alive!® Soy Shake Vanilla / 1.3 lbs  
Alive!® Soy Shake Vanilla / 2.2 lbs

### Nature's Way Sambucus

Sambucus Immune Lozenge / 30  
Sambucus Immune Syrup / 8 oz  
Sambucus Lozenge / 30  
Sambucus Sugar-Free Syrup / 4 oz  
Sambucus Syrup / 4 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Cherry Syrup / 8 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® Mint-Menthol Chewable / 20 Chw  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka ColdCare® Original Liquid / 2 oz  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz  
Umcka® Cold+Flu Orange Syrup / 4 oz.

### Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90  
ALL-ZYME DOUBLE STRENGTH 180

## Nutritional Supplements (Cont'd)

### Rainbow Light

ALLERGY RESCUE 60  
CHEWABLE CALCIUM CITRATE MULTI-MINS 45  
COMPLETE PRENATAL SYSTEM 180  
COMPLETE PRENATAL SYSTEM 360  
CONGEST-AWAY 60  
COUNTER ATTACK 30  
EVERYDAY CALCIUM WITH ENZYMES 120  
EVERYDAY CALCIUM WITH ENZYMES 240  
EVERYDAY FIBER SYSTEM VCAPS 180  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY OMEGALICIOUS 30  
JUST ONCE MULTIVITAMIN 60  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
MINTASURE 75  
NAIL, HAIR & SKIN CONNECTION 60  
NUTRISTART MULTIVITAMIN POWDER 30  
PERFORMANCE ENERGY MULTIVITAMIN 90  
PMS RELIEF 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
PRENATAL PETITE MULTIVITAMIN 90  
SUPRACLEAR SINUS AND CHEST 30  
VITAMIN D 1,000 IU GUMMIES 100  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

## Nuts/Seeds/Dried Fruits

### Enjoy Life

Not Nuts! Beach Bash Trail Mix  
Not Nuts! Mountain Mambo Trail Mix

## Sauces/Salsas/Dips

### Organicville

Organic Medium Salsa  
Organic Mild Salsa  
Organic Sesame Teriyaki

## Sauces/Salsas/Dips (Cont'd)

### Organicville

Organic Tangy BBQ Sauce