

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Arabella Station Store, Southwest 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

Southern Glory Biscuit Mix

Arrowhead Mills

Buckwheat Flour
Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix
Long Grain Brown Rice Flour
Soy Flour
White Rice Flour
Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix
Pancake & Waffle Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

Sugar Cookie 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

Glutino

Premium Corn Bread
Premium Fiber Bread
Premium Flax Seed Bread

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
Organic Yellow Corn Grits

Enjoy Life

Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Ener-G

Crisp Pretzels
Sesame Pretzel Rings

Glutino

Pretzels, Sesame Rings

Condiments

Organicville

Organic Ketchup
Organic Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars
Snickerdoodle Cookie Pack
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Snickerdoodle Cookies
Sunbutter Crunch 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
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 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

Organic Soy Beverage, Unsweetened Original 64 oz

Desserts

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

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

Dark Chocolate Bars - individual bars

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix
Pancake & Waffle Mix
Sugar Cookie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Fish Sticks, Allergen Free
Popcorn Turkey Corn Dogs

Frozen Foods (Cont'd)

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

Purely Decadent

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 Chocolate Chip 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 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 Fragrance Free
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™

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 Crunchy Peanut Butter, 16 oz

Meat Alternatives

WestSoy

Extra Firm Tofu, Vacuum-Pack 12 oz

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) / 90 Vcaps®
Alive!® / 180 Tb
Alive!® / 30 Tb
Alive!® / 90 Tb

Nature's Way Sambucus

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

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw
Umcka® Cold+Flu Berry Syrup / 4 oz.
Umcka® Cold+Flu Orange Syrup / 4 oz.

Nutritional Supplements (Cont'd)

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
COMPLETE PRENATAL SYSTEM 60
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER VANILLA
ULTRA ENERGY PLUS 60
VITAMIN D 1,000 IU GUMMIES 50
VITAMIN D 400 IU GUMMIES 60
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Sauces/Salsas/Dips

Organicville

Organic Pineapple Salsa
Organic Sesame Teriyaki