

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Forest 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

- Carrot Cake
- Honey Oat Bread
- Molasses Ginger Cookies

### Baking Needs

#### Arrowhead Mills

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

#### Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

#### Ener-G

- Egg Replacement
- Rice Bran

### Baking Needs (Cont'd)

#### Ener-G

- Sweet Rice Flour

#### Enjoy Life

- Semi-Sweet Chocolate Chips

#### Hain

- Baking Powder

#### Orgran

- All Purpose Rice Crumbs

### 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 Flax Seed Bread  
Premium Pizza Crusts

### **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **Candy and Chocolate**

### **Enjoy Life**

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

### **Mary's Gone Crackers**

Sticks & Twigs, Sea Salt

## **Condiments**

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic 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  
Snickerdoodle Cookie Pack  
Soft Baked Snickerdoodle Cookies  
Sunbutter Crunch Snack Bars

### **Glutino**

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  
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  
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

## **Dairy Alternatives (Cont'd)**

### **So Delicious**

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**

Organic Soy Beverage, Unsweetened Original 64  
oz

## **Desserts**

### **Earth Cafe**

Gluten Free (Wheat-free), Dairy-free (Vegan),  
Living(Raw) Cheesecake - Strawberry

### **So Delicious**

Chocolate 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

## **Energy and Nutrition Bars/Drinks**

### **Attune Probiotic Bars**

Dark Chocolate Bars - individual bars

## **Entrees and Mixes**

### **Cherrybrook Kitchen Gluten Free Dreams**

Pancake & Waffle Mix

### **Ener-G**

Rice Bran

## **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  
Ian's Fish Sticks, Allergen Free  
Kids Meal, Mac No Cheese  
Popcorn Turkey Corn Dogs

### **It's Soy Delicious**

Awesome Chocolate Non-Dairy Frozen Dessert  
Vanilla Non-Dairy Frozen Dessert

### **Organic So Delicious**

Creamy Vanilla Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert

### **Purely Decadent**

Cookie Dough Non-Dairy Frozen Coconut Milk  
Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert

### **So Delicious**

Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Coconut Almond Bar, Made with Coconut Milk  
Mocha Almond Fudge Non-Dairy Frozen Coconut  
Milk Dessert  
Orange Passion Fruit Agave Sweetened Fruit Bar  
Passionate Mango Non-Dairy Frozen Coconut Milk  
Dessert  
Vanilla Bar, Made with Coconut Milk  
Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert

### **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 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™

- Shower Gel Fragrance Free
- Shower Gel Herbal Mint
- Shower Gel Lavender Blend

## Jams and Nut Butters

### Arrowhead Mills

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

### Maranatha

- Roasted Sesame Tahini

## Meat Alternatives

### WestSoy

- Extra Firm Tofu, Vacuum-Pack 12 oz

## Nutritional Supplements

### Nature's Way Alive!

- Alive! Liquid Vitamin-30 oz. bottle
- Alive!® (no iron added) / 90 Tb
- Alive!® (no iron added) / 90 Vcaps®
- Alive!® / 90 Vcaps®
- Alive!® Soy Shake Vanilla / 2.2 lbs

### Nature's Way Sambucus

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

## Nutritional Supplements (Cont'd)

### Nature's Way Umcka

- Umcka ColdCare® Alcohol Free Liquid / 1 oz
- Umcka ColdCare® Cherry Chewable / 20 Chw
- Umcka ColdCare® Cherry Syrup / 8 oz
- Umcka ColdCare® Children's Cherry FastActive / 10 Ct
- 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® Sugar-Free Grape Syrup / 4 oz

### Rainbow Light

- ACTIVE SENIOR MULTIVITAMIN 90
- CERTIFIED ORGANIC MENS MULTI 120
- CHEWABLE CALCIUM CITRATE MULTI-MINS 45
- COMPLETE PRENATAL SYSTEM 180
- CONGEST-AWAY 60
- GUMMY BEAR ESSENTIALS 30
- GUMMY OMEGALICIOUS 30
- GUMMY POWER SOURS 30
- KID'S ONE MULTISTARS 30
- KID'S ONE MULTISTARS 90
- MAGNESIUM CALCIUM "+" 90
- MEN'S ONE MULTIVITAMIN 30
- MEN'S ONE MULTIVITAMIN 90
- PRENATAL ONE MULTIVITAMIN 30
- PRENATAL PETITE MULTIVITAMIN 90
- PROTEIN ENERGIZER VANILLA
- REJUVENAGE 40+ MULTI 120
- THINBERRY OPTI-CURB
- VITAMIN D 1,000 IU GUMMIES 50
- WOMEN'S NUTRITIONAL SYSTEM 180
- WOMEN'S ONE MULTIVITAMIN 150
- WOMEN'S ONE MULTIVITAMIN 30

## Nuts/Seeds/Dried Fruits

### Enjoy Life

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

## **Pasta**

### **Orgran**

Rice & Corn Macaroni

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki

Organic Mild Salsa

Organic Pineapple Salsa

Organic Tangy BBQ Sauce