

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Lamar 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

- Honey Oat Bread
- Molasses Ginger Cookies

Baking Needs

1-2-3 Gluten Free

- Chewy Chipless Scrumdelicious Cookie Mix
- Divinely Decadent Brownie Mix
- Meredith's Marvelous Muffin/ Quickbread Mix
- Southern Glory Biscuit Mix
- Sweet Goodness Pan Bar Mix

Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix

Baking Needs (Cont'd)

Arrowhead Mills

- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Vanilla Cake Mix
- Long Grain Brown Rice Flour
- Soy Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix
- Yellow Cake Mix

Ener-G

- Egg Replacement
- Potato Flour
- 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

Egg Replacer

Pizza & Pastry Mix

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

Ener-G

Brown Rice Loaf

Light Brown Rice Loaf

Tapioca Loaf

Glutino

Premium Corn Bread

Premium Fiber Bread

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 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

Sesame Pretzel Rings

Wylde Pretzels

Glutino

Pretzels, Sesame Rings

Pretzels, Sticks

Mary's Gone Crackers

Sticks & Twigs, Curry

Sticks & Twigs, Sea Salt

Sticks & Twigs, Tomato Chipotle

Condiments

Organicville

Organic Dressing, French

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 Chewy Chocolate Chip Cookies

Cookies and Snack Bars (Cont'd)

Enjoy Life

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Snickerdoodle 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
- 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
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt

Dairy Alternatives (Cont'd)

So Delicious

- Strawberry Banna 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 Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 64 oz

Desserts

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

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
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Pizza Crust Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Chocolate Frosting Mix

Entrees and Mixes (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix

Ener-G

- Rice Bran

Organ

- Apple & Cinnamon Pancake Mix
- Buckwheat Pancake Mix
- Falafel Mix
- Pizza & Pastry Mix

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Organ

- Falafel Mix

Frozen Foods

Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- 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
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

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

Frozen Foods (Cont'd)

Purely Decadent

- 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
- Turtle Trails 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
- 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

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 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

Hair Care Products (Cont'd)

365 Every Day Value™

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

Maranatha

Roasted Sesame Tahini

Meat Alternatives

WestSoy

Extra Firm Tofu, Tidal Wave 14 oz

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!® / 180 Tb
Alive!® / 90 Tb
Alive!® / 90 Vcaps®
Alive!® Rice/Pea 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

Nutritional Supplements (Cont'd)

Nature's Way Sambucus

Sambucus Lozenge / 30
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® Cherry Chewable / 20 Chw
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx
Umcka ColdCare® Menthol Syrup / 4 oz
Umcka ColdCare® Original Liquid / 1 oz
Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
BUSY BRAIN RELEASE 60
CERTIFIED ORGANIC MENS MULTI 120
COMPLETE PRENATAL SYSTEM 180
COMPLETE PRENATAL SYSTEM 360
COMPLETE PRENATAL SYSTEM 60
COUNTER ATTACK 30
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY CALCIUM WITH ENZYMES 240
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
KID'S ONE MULTISTARS 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
MINTASURE 75
NUTRISTART MULTIVITAMIN POWDER 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
PROTEIN ENERGIZER WHEY
REJUVENAGE 40+ MULTI 120
SUPER C POWDER 4 OZ
SUPRACLEAR SINUS AND CHEST 30

Nutritional Supplements (Cont'd)

Rainbow Light

THINBERRY OPTI-CURB
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

Nuts/Seeds/Dried Fruits

Enjoy Life

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

Pasta

Orgran

Rice & Corn Macaroni
Rice & Corn Tortellini
Vegetable Rice Spirals

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa
Organic Pineapple Salsa
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce