

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sugar Land 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

#### 1-2-3 Gluten Free

- Aaron's Favorite Rolls Mix
- Meredith's Marvelous Muffin/ Quickbread Mix
- Southern Glory Biscuit Mix

#### Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Vanilla Cake Mix
- Long Grain Brown Rice Flour

### Baking Needs (Cont'd)

#### Arrowhead Mills

- Soy Flour
- White Rice 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
- Sweet Rice Flour
- Xanthan Gum

## **Baking Needs (Cont'd)**

### **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**

### **Ener-G**

Brown Rice Loaf

Tapioca Loaf

White Rice Bread

White Rice Loaf Yeast Free

### **Glutino**

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

## **Canned Goods**

### **Organ**

Canned Spaghetti in Tomato Sauce

## **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**

Sesame Pretzel Rings

### **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, 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

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookie

Soft Baked Lively Lemon Cookies

## **Cookies and Snack Bars (Cont'd)**

### **Enjoy Life**

Sunbutter Crunch Snack Bars

### **Glutino**

Breakfast Bars, Apple

### **WFM Gluten Free Bakehouse**

Molasses Ginger Cookies

## **Crackers**

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

Crackers, Black Pepper

Crackers, Herb

Crackers, Original

## **Dairy Alternatives**

### **So Delicious**

Blueberry Cultured Coconut Milk Yogurt

Chocolate Cultured Coconut Milk Yogurt

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

Plain Cultured Coconut Milk Yogurt

Raspberry Cultured Coconut Milk Yogurt

Strawberry Banna Cultured Coconut Milk Yogurt

Strawberry Coconut Milk Kefir

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Vanilla Coconut Milk Kefir

Vanilla Cultured Coconut Milk Yogurt

## **Desserts**

### **So Delicious**

Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

## **Desserts (Cont'd)**

### **WFM Gluten Free Bakehouse**

Carrot Cake

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

### **Attune Probiotic Bars**

Dark Chocolate Bars - individual bars

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free All Purpose Baking Mix

### **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

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **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**

Green Tea Non-Dairy Frozen Dessert

Vanilla Non-Dairy Frozen Dessert

### **Organic So Delicious**

Creamy Vanilla Non-Dairy Frozen Dessert

Mocha Fudge Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk  
Mocha Almond Fudge 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  
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

## Hand & Body Washes (Cont'd)

### 365 Every Day Value™

Shower Gel Lavender Blend

## Jams and Nut Butters

### Maranatha

Roasted Sesame Tahini

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Tidal Wave 14 oz  
Extra Firm Tofu, Vacuum-Pack 12 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!® (no iron added) / 60 Tb  
Alive!® (no iron added) / 90 Tb  
Alive!® (no iron added) / 90 Vcaps®  
Alive!® / 60 Tb  
Alive!® / 90 Tb  
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

### Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz  
Sambucus Syrup / 4 oz  
Sambucus for Kids / 4 oz  
Sambucus for Kids / 8 oz

### Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Chewable / 20 Chw  
Umcka ColdCare® Children's Cherry Syrup / 4 oz  
Umcka ColdCare® Mint-Menthol Chewable / 20 Chw  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz  
Umcka® Cold+Flu Berry Syrup / 4 oz.

## **Nutritional Supplements (Cont'd)**

### **Rainbow Light**

ACTIVE SENIOR MULTIVITAMIN 90  
CALCIUM CITRATE MINI TABS 120  
CERTIFIED ORGANIC MENS MULTI 120  
CERTIFIED ORGANIC WOMENS MULTI 120  
COMPLETE PRENATAL SYSTEM 180  
CONGEST-AWAY 60  
EVERYDAY CALCIUM WITH ENZYMES 240  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY OMEGALICIOUS 30  
JUST ONCE MULTIVITAMIN 120  
KID'S ONE MULTISTARS 30  
KID'S ONE MULTISTARS 90  
MAGNESIUM CALCIUM "+" 90  
MAGNESIUM CALCIUM "+" 180  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
MEN'S ONE MULTIVITAMIN 90  
NUTRISTART MULTIVITAMIN POWDER 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 90  
SUPRACLEAR SINUS AND CHEST 30  
VITAMIN D 1,000 IU GUMMIES 50  
WOMEN'S ONE MULTIVITAMIN 30  
WOMEN'S ONE MULTIVITAMIN 90

### **Vibrant Health**

Joint Vibrance Powder

## **Pasta**

### **Orgran**

Rice & Corn Spaghetti  
Rice & Corn Tortellini

## **Sauces/Salsas/Dips**

### **Organicville**

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