

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tulsa 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

Baking Needs

Arrowhead Mills

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

Cherrybrook Kitchen Gluten Free Dreams

- Fudge Brownie Mix
- Sugar Cookie Mix
- Yellow Cake Mix

Baking Needs (Cont'd)

Ener-G

- Egg Replacement
- Potato Flour
- Xanthan Gum

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Orgran

- Egg Replacer

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

Beverages (Cont'd)

So Delicious

Vanilla Coconut Milk Kefir

Bread

Ener-G

Brown Rice Loaf

White Rice Bread

White Rice Loaf Yeast Free

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

Glutino

Pretzels, Sesame Rings

Chips/Pretzels/Snacks (Cont'd)

Mary's Gone Crackers

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

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookie

Soft Baked Snickerdoodle Cookies

Sunbutter Crunch Snack Bars

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

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
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

WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz

Desserts

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

WFM Gluten Free Bakehouse

Carrot Cake

Entrees and Mixes

Arrowhead Mills

Gluten Free All Purpose Baking Mix
Gluten Free Brownie Mix
Gluten Free Pizza Crust Mix

Cherrybrook Kitchen Gluten Free Dreams

Fudge Brownie Mix
Sugar Cookie Mix

Frozen Foods

Ian's Natural Foods

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

Creamy Vanilla Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Obsession Non-Dairy Frozen Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert
Purely Vanilla 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
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Orange Passion Fruit Agave Sweetened Fruit Bar

Frozen Foods (Cont'd)

So Delicious

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 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
Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

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

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive!® (no iron added) / 180 Tb
Alive!® (no iron added) / 30 Tb
Alive!® (no iron added) / 90 Tb
Alive!® (no iron added) / 90 Vcaps®
Alive!® / 90 Tb
Alive!® / 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 / 4 oz
Sambucus for Kids / 4 oz
Sambucus for Kids / 8 oz

Nature's Way Umcka

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® Original Liquid / 1 oz
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

Rainbow Light

CALCIUM CITRATE MINI TABS 120
COMPLETE B-COMPLEX 90
COMPLETE PRENATAL SYSTEM 180
COMPLETE PRENATAL SYSTEM 60
ENERGIZER ONE MULTIVITAMIN 90
EVERYDAY CALCIUM WITH ENZYMES 240
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
JUST ONCE MULTIVITAMIN 120
KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
NUTRISTART MULTIVITAMIN POWDER 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30

Nutritional Supplements (Cont'd)

Rainbow Light

PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
PROTEIN ENERGIZER WHEY
REJUVENAGE 40+ MULTI 120
ULTRA ENERGY PLUS 60
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

Sauces/Salsas/Dips

Organicville

Organic Mild Salsa
Organic Pineapple Salsa
Organic Tangy BBQ Sauce