

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wilcrest 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
- Molasses Ginger Cookies

Baking Needs

1-2-3 Gluten Free

- Sweet Goodness Pan Bar Mix

Arrowhead Mills

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

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Yellow Cake Mix

Baking Needs (Cont'd)

Ener-G

- Egg Replacement
- Potato Flour
- Rice Bran
- Sweet Rice Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Beverages

So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

Bread

Ener-G

Brown Rice Loaf
Tapioca Loaf

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

Chips/Pretzels/Snacks

Glutino

Pretzels, Sticks

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

Cocoa Loco Snack Bars
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, Blueberry

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

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
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 Cultured Coconut Milk Yogurt
Unsweetened Coconut Milk Beverage

Dairy Alternatives (Cont'd)

So Delicious

- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
- Vanilla Coconut Milk Beverage
- Vanilla Cultured Coconut Milk Yogurt

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
- 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 Chocolate Chip Cookie Mix

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix

Ener-G

- Rice Bran

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- 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
- Neopolitan Non-Dairy Frozen Dessert

Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- 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
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Orange Passion Fruit Agave Sweetened Fruit Bar
- 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
- Wheat Free Mini 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

Hair Care Products (Cont'd)

365 Every Day Value™

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

Maranatha

Roasted Sesame Tahini

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive!® (no iron added) / 30 Tb
Alive!® (no iron added) / 90 Tb
Alive!® (no iron added) / 90 Vcaps®
Alive!® / 180 Tb
Alive!® / 90 Vcaps®
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs

Nature's Way Sambucus

Sambucus Sugar-Free Syrup / 8 oz
Sambucus Syrup / 4 oz
Sambucus for Kids / 4 oz

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

Umcka ColdCare® Cherry Chewable / 20 Chw

Nutritional Supplements (Cont'd)

Nature's Way Umcka

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30
ACTIVE SENIOR MULTIVITAMIN 90
CALCIUM CITRATE MINI TABS 120
CANDIDA CLEANSE 60
CERTIFIED ORGANIC PRENATAL MULTI 120
CERTIFIED ORGANIC WOMENS MULTI 120
COMPLETE B-COMPLEX 90
CONGEST-AWAY 60
COUNTER ATTACK 30
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYONE'S OMEGA 60
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
JUST ONCE IRON-FREE MULTIVITAMIN 30
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MAGNESIUM CALCIUM "+" 90
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
NUTRISTART MULTIVITAMIN POWDER 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER WHEY
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

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