

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Little Rock 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

Baking Needs

Arrowhead Mills

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

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

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

Cereal

Arrowhead Mills

Organic Yellow Corn Grits
Maple Buckwheat Organic Flakes

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Entrees and Mixes

Arrowhead Mills

All Purpose Baking Mix
Gluten Free Chocolate Chip Cookie Mix

Frozen Foods

Van's

Wheat Free Blueberry Waffles

Hair Care Products

365 Everyday Value®

365 Lavender Blend Shampoo for Oily and Normal
365 Herbal Mint Conditioner
365 Lavender Blend Conditioner

Hand & Body Washes

365 Everyday Value®

365 Lavender Blend Shower Gel
365 Fragrance Free Shower Gel

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Women'S One Multivitamin 30
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Men'S One Multivitamin 90
Prenatal One Multivitamin 30
Prenatal Petite Multivitamin 90
Complete Prenatal System 60
Prenatal One Multivitamin 90

Baked Goods

WFM Gluten Free Bakehouse

Honey Oat Bread

Baking Needs

Arrowhead Mills

Arrowhead Mills (Cont'd)

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

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

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

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits
- Maple Buckwheat Organic Flakes

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Gingerbread Spice Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Entrees and Mixes

Arrowhead Mills

- All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix

Frozen Foods

Van's

- Wheat Free Blueberry Waffles

Hair Care Products

365 Everyday Value®

- 365 Herbal Mint Conditioner
- 365 Lavender Blend Conditioner
- 365 Lavender Blend Shampoo for Oily and Normal

Hand & Body Washes

365 Everyday Value®

- 365 Fragrance Free Shower Gel
- 365 Lavender Blend Shower Gel

Nutritional Supplements

Nature's Way Alive!

- Vitamin C

Rainbow Light

- Men'S One Multivitamin 30
- Women'S One Multivitamin 90
- Prenatal One Multivitamin 90
- Prenatal Petite Multivitamin 90
- Men'S One Multivitamin 90

Rainbow Light (Cont'd)

- Women'S One Multivitamin 30
- Complete Prenatal System 60
- Prenatal One Multivitamin 30

Baking Needs

Arrowhead Mills

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

Enjoy Life Foods

- Mini Chips

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Gingerbread Spice Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Entrees and Mixes

Arrowhead Mills

- All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix

Frozen Foods

Van's

- Wheat Free Blueberry Waffles

Hair Care Products

365 Everyday Value®

- 365 Lavender Blend Shampoo for Oily and Normal
- 365 Herbal Mint Conditioner
- 365 Lavender Blend Conditioner

Hand & Body Washes

365 Everyday Value®

- 365 Lavender Blend Shower Gel
- 365 Fragrance Free Shower Gel