

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Plantation Store, Florida 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

Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

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

Ener-G Foods

Tapioca Flour
Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Vans International Foods

French Toast Sticks Cinn Wf GF

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

OrganicVille (Cont'd)

Original BBQ Sauce

Organicville

Organic Dressing, French
Organic Tangy BBQ Sauce
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

Enjoy Life

Sunbutter Crunch Snack Bars
Cocoa Loco Chewy Bar
Very Berry Chewy Bar

Enjoy Life Foods

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

Glutino

Blueberry Breakfast Bars

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough
Purely Decadent Turtle Tracks

So Delicious

Organic Chocolate Velvet
Organic Mocha Fudge
Organic Neopolitan

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

All Purpose Baking Mix

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free

Popcorn Turkey Corn Dogs

Chicken Fingers, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough

Purely Decadent Turtle Tracks

So Delicious

Peanut Butter Zigzag

Organic Neopolitan

Organic Mocha Fudge

Organic Chocolate Velvet

Van's

Wheat Free Flax Waffles

Wheat Free Homestyle Waffles

Vans International Foods

French Toast Sticks Cinn Wf GF

Hair Care Products

365 Everyday Value®

365 Herbal Mint Conditioner

365 Fragrance Free Shampoo for Normal and Dry

365 Lavender Blend Shampoo for Normal and Dry

365 Fragrance Free Conditioner

365 Lavender Blend Shampoo for Normal and Dry

365 Herbal Mint Shampoo for Normal and Dry

365 Herbal Mint Shampoo for Oily and Normal

365 Lavender Blend Shampoo for Oily and Normal

365 Lavender Blend Conditioner

365 Fragrance Free Conditioner

365 Herbal Mint Conditioner

365 Fragrance Free Shampoo for Oily and Normal

365 Herbal Mint Shampoo for Normal and Dry

365 Herbal Mint Shampoo for Oily and Normal

365 Lavender Blend Shampoo for Oily and Normal

365 Lavender Blend Conditioner

Hand & Body Lotions

365 Everyday Value®

365 Lavender Blend Body Lotion

Hand & Body Washes

365 Everyday Value®

365 Herbal Mint Shower Gel

365 Fragrance Free Shower Gel

365 Lavender Blend Shower Gel

365 Fragrance Free Shower Gel

365 Herbal Mint Shower Gel

365 Lavender Blend Shower Gel

365 Fragrance Free Conditioner

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Alive w/o Fe added Cap

Vitamin C

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Alive Cap

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Max Potency Multivitamin

Rainbow Light

Gummy Omegalicious 30

Active Senior Multivitamin 30

Ultra Energy Plus 60

Rejuvenage 40+ Multi 60

Busy Brain Release 60

Pain - Eze 30

Just Once Iron-Free Multivitamin 120

Super C 1000 60

Active Health Teen Multivitamin 90

Rejuvenage 40+ Multi 120

Protein Energizer Chocolate

Active Senior Multivitamin 90

Pms Relief 30

Complete Nutritional System 180

Gummy Power Sours 30

Just Once Multivitamin 120

Complete B-Complex 90

Kid'S One Multistars 30

Vitamin D 400 Iu Gummies 60

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Mild Salsa

Organic Medium Salsa

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Baked Goods

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

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

Ener-G Foods

Egg Replacer
Tapioca Flour

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Vans International Foods

French Toast Sticks Cinn Wf GF

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes
Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Tangy BBQ Sauce
Organic Ketchup
Organic Dressing, French
Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Chewy Bar
Sunbutter Crunch Snack Bars
Very Berry Chewy Bar

Enjoy Life Foods

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

Glutino

Blueberry Breakfast Bars

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Dairy Alternatives

Ener-G Foods

Ener-G Foods (Cont'd)

Egg Replacer

Purely Decadent

Purely Decadent Turtle Tracks
Purely Decadent Cookie Dough

So Delicious

Organic Mocha Fudge
Organic Neopolitan
Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

All Purpose Baking Mix
Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Patties, Wheat Free Gluten Free
Chicken Fingers, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough
Purely Decadent Turtle Tracks

So Delicious

Organic Chocolate Velvet
Organic Neopolitan
Peanut Butter Zigzag
Organic Mocha Fudge

Van's

Wheat Free Flax Waffles
Wheat Free Homestyle Waffles

Vans International Foods

French Toast Sticks Cinn Wf GF

Hair Care Products

365 Everyday Value®

365 Lavender Blend Shampoo for Oily and Normal
365 Lavender Blend Shampoo for Oily and Normal
365 Lavender Blend Conditioner
365 Herbal Mint Shampoo for Normal and Dry
365 Lavender Blend Conditioner
365 Fragrance Free Conditioner
365 Fragrance Free Shampoo for Oily and Normal
365 Herbal Mint Shampoo for Oily and Normal
365 Fragrance Free Shampoo for Normal and Dry
365 Herbal Mint Conditioner
365 Fragrance Free Conditioner
365 Herbal Mint Shampoo for Oily and Normal

365 Everyday Value® (Cont'd)

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

Hand & Body Lotions

365 Everyday Value®

- 365 Lavender Blend Body Lotion

Hand & Body Washes

365 Everyday Value®

- 365 Fragrance Free Conditioner
- 365 Lavender Blend Shower Gel
- 365 Fragrance Free Shower Gel
- 365 Fragrance Free Shower Gel
- 365 Lavender Blend Shower Gel
- 365 Herbal Mint Shower Gel
- 365 Herbal Mint Shower Gel

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin w/o Fe
- Max Potency Multivitamin
- Max Potency Multivitamin w/o Fe
- Max Potency Multivitamin w/o Fe
- Alive w/o Fe added Cap
- Max Potency Multivitamin
- Max Potency Multivitamin
- Vitamin C
- Alive Cap

Rainbow Light

- Rejuvenage 40+ Multi 60
- Just Once Iron-Free Multivitamin 120
- Protein Energizer Chocolate
- Active Health Teen Multivitamin 90
- Rejuvenage 40+ Multi 120
- Just Once Multivitamin 120
- Gummy Power Sours 30
- Gummy Omegalicious 30
- Active Senior Multivitamin 30
- Kid'S One Multistars 30
- Complete Nutritional System 180
- Ultra Energy Plus 60
- Pms Relief 30
- Busy Brain Release 60
- Active Senior Multivitamin 90
- Complete B-Complex 90
- Pain - Eze 30
- Vitamin D 400 Iu Gummies 60
- Super C 1000 60

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

Organicville

Organicville (Cont'd)

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

Baking Needs

Arrowhead Mills

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

Ener-G Foods

- Tapioca Flour
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Breakfast Foods

Vans International Foods

- French Toast Sticks Cinn Wf GF

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits
- Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

- Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

- Very Berry Chewy Bar
- Sunbutter Crunch Snack Bars
- Cocoa Loco Chewy Bar

Enjoy Life Foods

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

Glutino

- Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Purely Decadent Turtle Tracks

So Delicious

- Organic Mocha Fudge

So Delicious (Cont'd)

Organic Neopolitan
Organic Chocolate Velvet

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

All Purpose Baking Mix
Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

Purely Decadent Turtle Tracks

So Delicious

Organic Neopolitan
Organic Chocolate Velvet
Peanut Butter Zigzag
Organic Mocha Fudge

Van's

Wheat Free Flax Waffles
Wheat Free Homestyle Waffles

Vans International Foods

French Toast Sticks Cinn Wf GF

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Hair Care Products**365 Everyday Value®**

365 Lavender Blend Shampoo for Normal and Dry
365 Fragrance Free Conditioner
365 Fragrance Free Conditioner
365 Lavender Blend Shampoo for Oily and Normal
365 Herbal Mint Shampoo for Oily and Normal
365 Lavender Blend Conditioner
365 Lavender Blend Shampoo for Oily and Normal
365 Herbal Mint Shampoo for Normal and Dry
365 Herbal Mint Shampoo for Normal and Dry
365 Lavender Blend Shampoo for Normal and Dry
365 Herbal Mint Shampoo for Oily and Normal
365 Fragrance Free Shampoo for Normal and Dry
365 Herbal Mint Conditioner
365 Lavender Blend Conditioner
365 Fragrance Free Shampoo for Oily and Normal
365 Herbal Mint Conditioner

Hand & Body Lotions**365 Everyday Value®**

365 Lavender Blend Body Lotion

Hand & Body Washes**365 Everyday Value®**

365 Lavender Blend Shower Gel
365 Herbal Mint Shower Gel
365 Herbal Mint Shower Gel

365 Everyday Value® (Cont'd)

365 Lavender Blend Shower Gel
365 Fragrance Free Shower Gel
365 Fragrance Free Conditioner
365 Fragrance Free Shower Gel