

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Poplar Store, South 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
- Morning Glory Muffins
- Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

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

Ener-G Foods

- Tapioca Flour

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Breakfast Foods

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

Van's

- Buckwheat Waffles

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

GinGins

- Peanut Chewy Ginger Chews

Cereal

Arrowhead Mills

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

Chips/Pretzels/Snacks

Glutino

- Pretzels, Twists
- Pretzels, Sticks
- Pretzels, Sesame Rings

Condiments

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Ketchup
- Organic Dressing, French

The Ginger People

- Organic Ginger Juice

Cookies and Snack Bars

Enjoy Life

- Sunbutter Crunch Snack Bars

Enjoy Life Foods

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

Glutino

Apple Breakfast Bars
Blueberry Breakfast Bars

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Turtle Tracks
Purely Decadent Vanilla

So Delicious

Organic Creamy Vanilla
Organic Chocolate Peanut Butter

Desserts

Earth Cafe

Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw)
Cheesecake - Car
Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw)
Cheesecake - Cherry
Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw)
Cheesecake - Strawberry

So Delicious

Peanut Butter Zigzag

WFM Gluten Free Bakehouse

Carrot Cake

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix
Gluten Free Pizza Crust Mix
Gluten Free Chocolate Chip Cookie Mix
All Purpose Baking Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free
Popcorn Turkey Corn Dogs
French Toast Sticks, Wheat Free Gluten Free
Chicken Fingers, Allergen Free

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Turtle Tracks
Purely Decadent Vanilla

So Delicious

Peanut Butter Zigzag
Organic Creamy Vanilla
Organic Chocolate Peanut Butter

Van's

Wheat Free Homestyle Waffles
Wheat Free Blueberry Waffles
Wheat Free Flax Waffles

Van's (Cont'd)

Buckwheat Waffles

Vans International Foods

French Toast Sticks Cinn Wf GF

Hair Care Products

365 Every Day Value™

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

Hand & Body Lotions

365 Every Day Value™

365 Lavender Blend Body Lotion

Hand & Body Washes

365 Every Day Value™

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

Jams and Nut Butters

Arrowhead Mills

Crunchy Peanut Butter, 26 oz
Creamy Peanut Butter, 26 oz

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin w/o Fe
Alive Cap
Alive w/o Fe added Cap

Pioneer Nutrition

Calcium Magnesium, Vegetarian- 120 tab

Rainbow Light

MAGNESIUM CALCIUM "+" 90
MAGNESIUM CALCIUM "+" 180
COMPLETE PRENATAL SYSTEM 60
COMPLETE PRENATAL SYSTEM 180
COMPLETE PRENATAL SYSTEM 360

Rainbow Light (Cont'd)

EVERYDAY CALCIUM WITH ENZYMES 120
JUST ONCE MULTIVITAMIN 60
CONGEST-AWAY 60
WOMEN'S ONE MULTIVITAMIN 30
WOMEN'S ONE MULTIVITAMIN 90
WOMEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
MEN'S ONE MULTIVITAMIN 90
FOOD-BASED CALCIUM 90
FOOD-BASED CALCIUM 180
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
KID'S ONE MULTISTARS 90
ACTIVE HEALTH TEEN MULTIVITAMIN 90
NUTRISTART MULTIVITAMIN POWDER 30
VITAMIN D 400 IU GUMMIES 60
VITAMIN D 1,000 IU GUMMIES 50
COMPLETE IRON SYSTEM 60
PRENATAL PETITE MULTIVITAMIN 180
CALCIUM CITRATE MINI TABS 120
BUSY BRAIN RELEASE 60
CERTIFIED ORGANIC WOMENS MULTI 120
CERTIFIED ORGANIC MENS MULTI 120
CERTIFIED ORGANIC PRENATAL MULTI 120

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Baked Goods

WFM Gluten Free Bakehouse

Carrot Cake
Morning Glory Muffins
Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

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

Ener-G Foods

Tapioca Flour

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Van's

Buckwheat Waffles

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

GinGins

Peanut Chewy Ginger Chews

Cereal

Arrowhead Mills

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

Chips/Pretzels/Snacks

Glutino

Pretzels, Twists
Pretzels, Sticks
Pretzels, Sesame Rings

Condiments

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Ketchup
Organic Dressing, French

The Ginger People

Organic Ginger Juice

Cookies and Snack Bars

Enjoy Life

Sunbutter Crunch Snack Bars

Enjoy Life Foods

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

Glutino

Apple Breakfast Bars
Blueberry Breakfast Bars

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Turtle Tracks

Purely Decadent (Cont'd)

Purely Decadent Vanilla

So Delicious

Organic Creamy Vanilla

Organic Chocolate Peanut Butter

Desserts

Earth Cafe

Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw)
Cheesecake - Car

Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw)
Cheesecake - Cherry

Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw)
Cheesecake - Strawberry

So Delicious

Peanut Butter Zigzag

WFM Gluten Free Bakehouse

Carrot Cake

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Gluten Free Pizza Crust Mix

Gluten Free Chocolate Chip Cookie Mix

All Purpose Baking Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

French Toast Sticks, Wheat Free Gluten Free

Chicken Fingers, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Turtle Tracks

Purely Decadent Vanilla

So Delicious

Peanut Butter Zigzag

Organic Creamy Vanilla

Organic Chocolate Peanut Butter

Van's

Wheat Free Homestyle Waffles

Wheat Free Blueberry Waffles

Wheat Free Flax Waffles

Buckwheat Waffles

Vans International Foods

French Toast Sticks Cinn Wf GF

Hair Care Products

365 Every Day Value™

365 Fragrance Free Conditioner

365 Fragrance Free Shampoo for Normal and Dry

365 Fragrance Free Shampoo for Oily and Normal

365 Every Day Value™ (Cont'd)

365 Fragrance Free Conditioner

365 Herbal Mint Conditioner

365 Herbal Mint Shampoo for Normal and Dry

365 Herbal Mint Shampoo for Oily and Normal

365 Herbal Mint Conditioner

365 Lavender Blend Shampoo for Oily and Normal

365 Lavender Blend Shampoo for Normal and Dry

365 Lavender Blend Conditioner

365 Lavender Blend Shampoo for Oily and Normal

365 Lavender Blend Shampoo for Normal and Dry

365 Lavender Blend Conditioner

Hand & Body Lotions

365 Every Day Value™

365 Lavender Blend Body Lotion

Hand & Body Washes

365 Every Day Value™

365 Fragrance Free Shower Gel

365 Fragrance Free Conditioner

365 Fragrance Free Shower Gel

365 Herbal Mint Shower Gel

365 Herbal Mint Shower Gel

365 Lavender Blend Shower Gel

365 Lavender Blend Shower Gel

Jams and Nut Butters

Arrowhead Mills

Crunchy Peanut Butter, 26 oz

Creamy Peanut Butter, 26 oz

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Alive Cap

Alive w/o Fe added Cap

Pioneer Nutrition

Calcium Magnesium, Vegetarian- 120 tab

Rainbow Light

MAGNESIUM CALCIUM "+" 90

MAGNESIUM CALCIUM "+" 180

COMPLETE PRENATAL SYSTEM 60

COMPLETE PRENATAL SYSTEM 180

COMPLETE PRENATAL SYSTEM 360

EVERYDAY CALCIUM WITH ENZYMES 120

JUST ONCE MULTIVITAMIN 60

CONGEST-AWAY 60

WOMEN'S ONE MULTIVITAMIN 30

WOMEN'S ONE MULTIVITAMIN 90

WOMEN'S ONE MULTIVITAMIN 150

MEN'S ONE MULTIVITAMIN 30

MEN'S ONE MULTIVITAMIN 90

Rainbow Light (Cont'd)

FOOD-BASED CALCIUM 90
FOOD-BASED CALCIUM 180
PRENATAL ONE MULTIVITAMIN 30
PRENATAL ONE MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
KID'S ONE MULTISTARS 90
ACTIVE HEALTH TEEN MULTIVITAMIN 90
NUTRISTART MULTIVITAMIN POWDER 30
VITAMIN D 400 IU GUMMIES 60
VITAMIN D 1,000 IU GUMMIES 50
COMPLETE IRON SYSTEM 60
PRENATAL PETITE MULTIVITAMIN 180
CALCIUM CITRATE MINI TABS 120
BUSY BRAIN RELEASE 60
CERTIFIED ORGANIC WOMENS MULTI 120
CERTIFIED ORGANIC MENS MULTI 120
CERTIFIED ORGANIC PRENATAL MULTI 120

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Baking Needs

Arrowhead Mills

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

Ener-G Foods

Tapioca Flour

Enjoy Life Foods

Mini Chips

Breakfast Foods

Van's

Buckwheat Waffles

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

Cookies and Snack Bars

Enjoy Life

Sunbutter Crunch Snack Bars

Enjoy Life Foods

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

Glutino

Apple Breakfast Bars
Blueberry Breakfast Bars

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Turtle Tracks
Purely Decadent Vanilla

So Delicious

Organic Creamy Vanilla
Organic Chocolate Peanut Butter

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix
Gluten Free Chocolate Chip Cookie Mix
All Purpose Baking Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Turtle Tracks
Purely Decadent Vanilla

So Delicious

Peanut Butter Zigzag
Organic Creamy Vanilla
Organic Chocolate Peanut Butter

Van's

Wheat Free Homestyle Waffles
Wheat Free Blueberry Waffles
Wheat Free Flax Waffles
Buckwheat Waffles

Vans International Foods

French Toast Sticks Cinn Wf GF

Hair Care Products

365 Every Day Value™

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

365 Every Day Value™ (Cont'd)

- 365 Lavender Blend Shampoo for Normal and Dry
- 365 Lavender Blend Conditioner
- 365 Lavender Blend Shampoo for Oily and Normal
- 365 Lavender Blend Shampoo for Normal and Dry
- 365 Lavender Blend Conditioner

Hand & Body Lotions**365 Every Day Value™**

- 365 Lavender Blend Body Lotion

Hand & Body Washes**365 Every Day Value™**

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