

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Willowbrook Closed Store, Midwest 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

#### Ener-G Foods

- Light Brown Rice Loaf
- White Rice Loaf

#### WFM Gluten Free Bakehouse

- Honey Oat Bread

### Baking Needs

#### Arrowhead Mills

- Gluten Free Yellow Corn Meal
- Gluten Free Buckwheat Flour

#### Ener-G Foods

- Xanthum Gum
- Egg Replacer

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Light Brown Rice Loaf
- White Rice Loaf

#### WFM Gluten Free Bakehouse

- Honey Oat Bread

### Candy and Chocolate

#### Enjoy Life

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

### Cereal

#### Arrowhead Mills

- Organic Rice Flakes Sweetened Cereal

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Tangy BBQ Sauce

### Cookies and Snack Bars

#### Enjoy Life

- Sunbutter Crunch Snack Bars

#### Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies

#### Glutino

- Blueberry Breakfast Bars

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### Purely Decadent

- Coconut Milk Mint Chip

#### So Delicious

- Organic Chocolate Velvet
- Chocolate Covered Vanilla Coconut Minis
- Organic Mocha Fudge
- Coconut Almond Minis
- Organic Creamy Vanilla

### Ethnic Foods

#### Organicville

- Organic Sesame Teriyaki
- Organic Island Teriyaki

### Frozen Foods

#### Ian's Natural Foods

- Chicken Nuggets, Allergen Free
- Popcorn Turkey Corn Dogs

## **Purely Decadent**

Coconut Milk Mint Chip

## **So Delicious**

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Mocha Fudge

## **Hair Care Products**

### **365 Everyday Value®**

365 Herbal Mint Shampoo for Oily and Normal

365 Fragrance Free Conditioner

365 Lavender Blend Shampoo for Oily and Normal

365 Fragrance Free Conditioner

365 Herbal Mint Conditioner

365 Fragrance Free Shampoo for Oily and Normal

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 Herbal Mint Shower Gel

365 Fragrance Free Shower Gel

365 Fragrance Free Shower Gel

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive Cap

### **Rainbow Light**

Kid'S One Multistars 30

Gummy Power Sours 30

Active Senior Multivitamin 90

Men'S One Multivitamin 30

Busy Brain Release 60

Men's Multi-Vitamin

Vitamin D 400 Iu Gummies 60

Just Once Multivitamin 120

Food Based Calcium

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Organic Island Teriyaki

## **Baked Goods**

### **Ener-G Foods**

White Rice Loaf

Light Brown Rice Loaf

## **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Yellow Corn Meal

Gluten Free Buckwheat Flour

### **Ener-G Foods**

Xanthum Gum

Egg Replacer

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Light Brown Rice Loaf

White Rice Loaf

## **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **Candy and Chocolate**

### **Enjoy Life**

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

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Rice Flakes Sweetened Cereal

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

## **Cookies and Snack Bars**

### **Enjoy Life**

Sunbutter Crunch Snack Bars

### **Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

### **Glutino**

Blueberry Breakfast Bars

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla

Organic Mocha Fudge

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

## **Ethnic Foods**

### **Organicville**

- Organic Sesame Teriyaki
- Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

- Popcorn Turkey Corn Dogs
- Chicken Nuggets, Allergen Free

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

- Organic Creamy Vanilla
- Coconut Almond Minis
- Organic Chocolate Velvet
- Chocolate Covered Vanilla Coconut Minis
- Organic Mocha Fudge

## **Hair Care Products**

### **365 Everyday Value®**

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

## **Hand & Body Lotions**

### **365 Everyday Value®**

- 365 Lavender Blend Body Lotion

## **Hand & Body Washes**

### **365 Everyday Value®**

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

## **Nutritional Supplements**

### **Nature's Way Alive!**

- Alive Cap

### **Rainbow Light**

- Food Based Calcium
- Active Senior Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Kid'S One Multistars 30
- Gummy Power Sours 30
- Men'S One Multivitamin 30
- Busy Brain Release 60
- Just Once Multivitamin 120
- Men's Multi-Vitamin

## **Sauces/Salsas/Dips**

### **Organicville**

- Original BBQ Sauce

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce

## **Baked Goods**

### **Ener-G Foods**

- Light Brown Rice Loaf
- White Rice Loaf

## **Baking Needs**

### **Arrowhead Mills**

- Gluten Free Buckwheat Flour
- Gluten Free Yellow Corn Meal

### **Ener-G Foods**

- Egg Replacer

## **Bread**

### **Ener-G Foods**

- Light Brown Rice Loaf
- White Rice Loaf

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

- Organic Rice Flakes Sweetened Cereal

## **Condiments**

### **Organicville**

- Original BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

- Sunbutter Crunch Snack Bars

### **Enjoy Life Foods**

- Soft Baked Chocolate Chip Cookies

### **Glutino**

- Blueberry Breakfast Bars

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

- Organic Creamy Vanilla
- Organic Mocha Fudge
- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis
- Organic Chocolate Velvet

## **Frozen Foods**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

- Coconut Almond Minis

**So Delicious (Cont'd)**

Chocolate Covered Vanilla Coconut Minis  
Organic Creamy Vanilla  
Organic Mocha Fudge  
Organic Chocolate Velvet

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**Hair Care Products****365 Everyday Value®**

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