

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Woodway 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

White Rice Flour

Gluten Free Fudge Brownie Mix

All Purpose Baking Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

WFM Gluten Free Bakehouse

Honey Oat Bread

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

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

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Two Moms in the Raw

Gluten-Free Raisin Granola

Chips/Pretzels/Snacks

Two Moms in the Raw

Gluten-Free Raisin Granola

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Ketchup

Organic Dressing, French

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Chewy Bar

Sunbutter Crunch Snack Bars

Two Moms in the Raw

Gluten-Free Raisin Granola

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

All Purpose Baking Mix

Arrowhead Mills (Cont'd)

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

So Delicious

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Van's

Wheat Free Homestyle Waffles

Wheat Free Flax Waffles

Wheat Free Blueberry Waffles

Vans International Foods

French Toast Sticks Cinn Wf GF

Hair Care Products

365 Everyday Value®

365 Fragrance Free Shampoo for Oily and Normal

365 Herbal Mint Shampoo for Normal and Dry

365 Herbal Mint Conditioner

365 Lavender Blend Shampoo for Oily and Normal

365 Herbal Mint Shampoo for Oily and Normal

365 Lavender Blend Shampoo for Oily and Normal

365 Herbal Mint Shampoo for Normal and Dry

365 Lavender Blend Conditioner

365 Fragrance Free Shampoo for Normal and Dry

365 Lavender Blend Shampoo for Normal and Dry

365 Lavender Blend Shampoo for Normal and Dry

365 Lavender Blend Conditioner

365 Fragrance Free Conditioner

365 Herbal Mint Conditioner

365 Fragrance Free Conditioner

365 Herbal Mint Shampoo for Oily and Normal

Hand & Body Lotions

365 Everyday Value®

365 Lavender Blend Body Lotion

Hand & Body Washes

365 Everyday Value®

365 Fragrance Free Conditioner

365 Fragrance Free Shower Gel

365 Lavender Blend Shower Gel

365 Herbal Mint Shower Gel

365 Herbal Mint Shower Gel

365 Lavender Blend Shower Gel

365 Fragrance Free Shower Gel

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Alive w/o Fe added Cap

Nature's Way Alive! (Cont'd)

Max Potency Multivitamin

Rainbow Light

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Men'S One Multivitamin 30

Gummy Omegalicious 30

Nutristart Multivitamin Powder 30

Magnesium Calcium "+" 180

Kid'S One Multistars 90

Women'S One Multivitamin 90

Active Senior Multivitamin 90

Busy Brain Release 60

Gummy Bear Essentials 30

Prenatal Multi Vitamin

Super C Powder 4 Oz

Men'S One Multivitamin 150

Gummy Power Sours 30

Prenatal One Multivitamin 150

Calcium Citrate Mini Tabs 120

Complete Prenatal System 180

Rejuvenage 40+ Multi 120

Women'S One Multivitamin 30

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 30

Active Senior Multivitamin 30

Vitamin D 400 Iu Gummies 60

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Pineapple Salsa

Organic Island Teriyaki

Organic Medium Salsa

Organic Sesame Teriyaki

Organic Mild Salsa

Organic Tangy BBQ Sauce

Baked Goods

WFM Gluten Free Bakehouse

Honey Oat Bread

Baking Needs

Arrowhead Mills

All Purpose Baking Mix

Gluten Free Fudge Brownie Mix

White Rice Flour

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

WFM Gluten Free Bakehouse

Honey Oat Bread

Breakfast Foods

Vans International Foods

French Toast Sticks Cinn Wf GF

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

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 Rice & Shine Hot Cereal

Maple Buckwheat Organic Flakes

Two Moms in the Raw

Gluten-Free Raisin Granola

Chips/Pretzels/Snacks

Two Moms in the Raw

Gluten-Free Raisin Granola

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Ketchup

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Chewy Bar

Sunbutter Crunch Snack Bars

Two Moms in the Raw

Gluten-Free Raisin Granola

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

All Purpose Baking Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Van's

Wheat Free Homestyle Waffles

Wheat Free Blueberry Waffles

Wheat Free Flax Waffles

Vans International Foods

French Toast Sticks Cinn Wf GF

Hair Care Products

365 Everyday Value®

365 Fragrance Free Shampoo for Oily and Normal

365 Fragrance Free Conditioner

365 Herbal Mint Shampoo for Normal and Dry

365 Lavender Blend Shampoo for Oily and Normal

365 Lavender Blend Conditioner

365 Fragrance Free Conditioner

365 Lavender Blend Shampoo for Normal and Dry

365 Lavender Blend Shampoo for Normal and Dry

365 Herbal Mint Shampoo for Oily and Normal

365 Herbal Mint Conditioner

365 Lavender Blend Conditioner

365 Herbal Mint Shampoo for Oily and Normal

365 Lavender Blend Shampoo for Oily and Normal

365 Fragrance Free Shampoo for Normal and Dry

365 Herbal Mint Shampoo for Normal and Dry

365 Herbal Mint Conditioner

Hand & Body Lotions

365 Everyday Value®

365 Lavender Blend Body Lotion

Hand & Body Washes

365 Everyday Value®

365 Fragrance Free Shower Gel

365 Herbal Mint Shower Gel

365 Lavender Blend Shower Gel

365 Herbal Mint Shower Gel

365 Lavender Blend Shower Gel

365 Fragrance Free Conditioner

365 Fragrance Free Shower Gel

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Max Potency Multivitamin

Alive w/o Fe added Cap

Rainbow Light

Rainbow Light (Cont'd)

Women'S One Multivitamin 90
Gummy Omegalicious 30
Active Senior Multivitamin 30
Busy Brain Release 60
Gummy Power Sours 30
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Complete Prenatal System 180
Nutristart Multivitamin Powder 30
Rejuvenage 40+ Multi 120
Women'S One Multivitamin 30
Active Senior Multivitamin 90
Women'S One Multivitamin 150
Men'S One Multivitamin 150
Magnesium Calcium "+" 180
Gummy Bear Essentials 30
Active Health Teen Multivitamin 90
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 30
Men'S One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Kid'S One Multistars 90
Super C Powder 4 Oz
Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

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

Baking Needs

Arrowhead Mills

All Purpose Baking Mix
Gluten Free Fudge Brownie Mix
White Rice Flour

Ener-G Foods

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Two Moms in the Raw

Gluten-Free Raisin Granola

Chips/Pretzels/Snacks

Two Moms in the Raw

Gluten-Free Raisin Granola

Condiments

OrganicVille

Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Chewy Bar
Sunbutter Crunch Snack Bars

Two Moms in the Raw

Gluten-Free Raisin Granola

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix
All Purpose Baking Mix

Frozen Foods

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet

Van's

Wheat Free Homestyle Waffles
Wheat Free Flax Waffles
Wheat Free Blueberry 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 Herbal Mint Shampoo for Normal and Dry
365 Lavender Blend Shampoo for Oily and Normal
365 Herbal Mint Conditioner
365 Fragrance Free Shampoo for Oily and Normal
365 Fragrance Free Shampoo for Normal and Dry
365 Lavender Blend Conditioner
365 Lavender Blend Conditioner

365 Everyday Value® (Cont'd)

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

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

- 365 Lavender Blend Body Lotion

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

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