

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Naples 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.

Baking Needs

Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free Brownie Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix

Ener-G

- Egg Replacement

Baking Needs (Cont'd)

Enjoy Life

- Semi-Sweet Chocolate Chips

Hain

- Baking Powder

Beverages

So Delicious

- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Kefir
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir

Bread

Ener-G

- High Fiber Loaf
- Light Brown Rice Loaf

Bread (Cont'd)

Ener-G

Tapioca Loaf

Glutino

Premium Corn Bread

Premium Pizza Crusts

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Yellow Corn Grits

Enjoy Life

Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Ener-G

Crisp Pretzels

Glutino

Pretzels, Sesame Rings

Pretzels, Twists

Hain Pure Food

Mini Munch Rice Snacks, Lightly Salted

Condiments

Organicville

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Condiments (Cont'd)

Organicville

Organic Original BBQ Sauce

Cookies and Snack Bars

Cherrybrook Kitchen Gluten Free Dreams

Vanilla Graham Mini Cookies

Enjoy Life

Caramel Apple Snack Bars

Cocoa Loco Snack Bars

Soft Baked Chewy Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookie

Soft Baked Happy Apple Cookies

Soft Baked Snickerdoodle Cookies

Sunbutter Crunch Snack Bars

Very Berry Snack Bars

Glutino

Breakfast Bars, Apple

Breakfast Bars, Blueberry

Cosmetics

Crazy Rumors

Raspberry Sherbet Lip Balm

Crackers

Mary's Gone Crackers

Crackers, Black Pepper

Crackers, Caraway

Crackers, Herb

Crackers, Onion

Crackers, Original

Dairy Alternatives

So Delicious

Blueberry Cultured Coconut Milk Yogurt

Chocolate Cultured Coconut Milk Yogurt

Chocolate Non-Dairy Frozen Coconut Milk Dessert

Coconut Non-Dairy Frozen Coconut Milk Dessert

Dairy Alternatives (Cont'd)

So Delicious

French Vanilla Coconut Milk Creamer
Hazelnut Coconut Milk Creamer
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Original (Plain) Coconut Milk Beverage
Original (Plain) Coconut Milk Creamer
Original (Plain) Coconut Milk Kefir
Passionate Mango Cultured Coconut Milk Yogurt
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Pina Colada Cultured Coconut Milk Yogurt
Plain Cultured Coconut Milk Yogurt
Raspberry Cultured Coconut Milk Yogurt
Strawberry Banna Cultured Coconut Milk Yogurt
Strawberry Coconut Milk Kefir
Strawberry Cultured Coconut Milk Yogurt
Unsweetened Coconut Milk Beverage
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert
Vanilla Coconut Milk Beverage
Vanilla Coconut Milk Kefir
Vanilla Cultured Coconut Milk Yogurt

WestSoy

Organic Soy Beverage, Unsweetened Original 64 oz
Soy Beverage, Unsweetened Chocolate 32 oz

Desserts

Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert

Desserts (Cont'd)

So Delicious

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Energy and Nutrition Bars/Drinks

Attune Probiotic Bars

Dark Chocolate Bars - individual bars

Entrees and Mixes

Arrowhead Mills

Gluten Free Brownie Mix

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix
Sugar Cookie Mix
Vanilla Frosting Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Gluten Free Cafe

Asian Noodles

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free
French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Popcorn Turkey Corn Dogs

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Chocolate Almond Non-Dairy Frozen Dessert
Chocolate Peanut Butter Non-Dairy Frozen Dessert
Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert
Neopolitan Non-Dairy Frozen Dessert
Non-Dairy Creamy Fudge Bar

Frozen Foods (Cont'd)

Organic So Delicious

Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert
Chocolate Obsession Non-Dairy Frozen Dessert
Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
Mint Chocolate Chip Non-Dairy Frozen Dessert
Mocha Almond Fudge Non-Dairy Frozen Dessert
Peanut Butter Zig Zag Non-Dairy Frozen Dessert

So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Almond Bar, Made with Coconut Milk
Coconut Non-Dairy Frozen Coconut Milk Dessert
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bar, Made with Coconut Milk
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

Sweet Nothings

Non-Dairy Fudge Bar
Non-Dairy Mango Raspberry Bar

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free French Toast Sticks Cinnamon
Wheat Free Homestyle Waffles
Wheat Free Mini Homestyle Waffles

Hair Care Products

365 Every Day Value™

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

Hand & Body Lotions

365 Every Day Value™

Body Lotion Lavender Blend

Hand & Body Washes

365 Every Day Value™

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

Jams and Nut Butters

Arrowhead Mills

Creamy Peanut Butter, 26 oz
Crunchy Peanut Butter, 26 oz
Organic Creamy Peanut Butter, 16 oz
Organic Crunchy Peanut Butter, 16 oz

Maranatha

Roasted Sesame Tahini

Meat Alternatives

WestSoy

Extra Firm Tofu, Tidal Wave 14 oz
Extra Firm Tofu, Vacuum-Pack 12 oz
Firm Tofu, Water-Pack 14 oz

Nutritional Supplements

Nature's Way Alive!

Alive! Liquid Vitamin-30 oz. bottle
Alive! Whole Food C, Pwd 120 g
Alive!® (no iron added) / 180 Tb
Alive!® / 90 Vcaps®

Nutritional Supplements (Cont'd)

Nature's Way Primadophilus

Primadophilus® Reuteri Pearls / 30 Pearls

Nature's Way Sambucus

Sambucus Lozenge / 30

Sambucus Syrup / 4 oz

Sambucus Syrup / 8 oz

Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 4 oz

Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz

Umcka® Cold+Flu Berry Syrup / 4 oz.

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90

ACTIVE SENIOR MULTIVITAMIN 30

ACTIVE SENIOR MULTIVITAMIN 90

CERTIFIED ORGANIC WOMENS MULTI 120

EVERYDAY CALCIUM WITH ENZYMES 240

FOOD-BASED CALCIUM 180

FOOD-BASED CALCIUM 90

GUMMY OMEGALICIOUS 30

GUMMY POWER SOURS 30

JUST ONCE MULTIVITAMIN 120

KID'S ONE MULTISTARS 90

MEN'S ONE MULTIVITAMIN 150

MEN'S ONE MULTIVITAMIN 30

MEN'S ONE MULTIVITAMIN 90

NUTRISTART MULTIVITAMIN POWDER 30

PRENATAL ONE MULTIVITAMIN 30

PRENATAL ONE MULTIVITAMIN 90

PROTEIN ENERGIZER CHOCOLATE

PROTEIN ENERGIZER VANILLA

SUPRACLEAR SINUS AND CHEST 30

ULTRA ENERGY PLUS 60

VITAMIN D 1,000 IU GUMMIES 50

WOMEN'S ONE MULTIVITAMIN 150

WOMEN'S ONE MULTIVITAMIN 30

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Beach Bash Trail Mix

Not Nuts! Mountain Mambo Trail Mix

Sauces/Salsas/Dips

Organicville

Organic Medium Salsa

Organic Mild Salsa

Organic Sesame Teriyaki