

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tampa 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

- Carrot Cake
- Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

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

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Yellow Cake Mix

Ener-G

- Egg Replacement

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

- Brown Rice Loaf
- High Fiber Loaf
- Light Brown Rice Loaf
- Tapioca Loaf
- White Rice Bread

Glutino

- Premium Corn Bread
- Premium Pizza Crusts

Candy and Chocolate

Enjoy Life

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

Canned Goods

Organ

- Canned Spaghetti in Tomato Sauce

Cereal

Arrowhead Mills

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

Enjoy Life

- Cinnamon Crunch Granola

Chips/Pretzels/Snacks

Glutino

- Pretzels, Sesame Rings
- Pretzels, Twists

Hain Pure Food

- Mini Munch Rice Snacks, Lightly Salted

Condiments

Organicville

- Organic Dressing, French

Condiments (Cont'd)

Organicville

- 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
- Organic Original BBQ Sauce

Cookies and Snack Bars

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 Lively Lemon Cookies
- Soft Baked No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

Cosmetics

Crazy Rumors

- Raspberry Sherbet Lip Balm

Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway

Crackers (Cont'd)

Mary's Gone Crackers

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
French Vanilla Coconut Milk Creamer
Hazelnut Coconut Milk Creamer
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
Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

WFM Gluten Free Bakehouse

Carrot Cake

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 Frosting Mix
Vanilla Frosting Mix

Orgran

Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Gluten Free Cafe

Asian Noodles

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free

Frozen Foods (Cont'd)

Ian's Natural Foods

Popcorn Turkey Corn Dogs

It's Soy Delicious

Vanilla Non-Dairy Frozen Dessert

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

Creamy Vanilla Non-Dairy Frozen Dessert

Mocha Fudge Non-Dairy Frozen Dessert

Neopolitan Non-Dairy Frozen Dessert

Non-Dairy Creamy Fudge Bar

Strawberry Non-Dairy Frozen Dessert

Purely Decadent

Cherry Nirvana Non-Dairy Frozen Dessert

Chocolate Peanut Butter Swirl Non-Dairy Frozen
Coconut Milk Dessert

Cookie Dough Non-Dairy Frozen Coconut Milk
Dessert

Mint Chip Non-Dairy Frozen Coconut Milk Dessert

Mocha Almond Fudge Non-Dairy Frozen Dessert

Pomegranate Chip Non-Dairy Frozen Dessert

Turtle Trails 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

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

Van's

Wheat Free Blueberry Waffles

Wheat Free Buckwheat Waffles

Wheat Free Flax Waffles

Wheat Free French Toast Sticks Cinnamon

Wheat Free Homestyle Waffles

Frozen Foods (Cont'd)

Van's

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 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™

Shower Gel Fragrance Free

Shower Gel Herbal Mint

Shower Gel Lavender Blend

Jams and Nut Butters

Arrowhead Mills

Creamy Peanut Butter, 26 oz

Organic Creamy Peanut Butter, 16 oz

Maranatha

Roasted Sesame Tahini

Meat Alternatives

WestSoy

Extra Firm Tofu, Tidal Wave 14 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

Nutritional Supplements (Cont'd)

Nature's Way Alive!

Alive!® (no iron added) / 30 Tb
Alive!® (no iron added) / 90 Vcaps®
Alive!® Rice/Pea Shake Vanilla / 1.3 lbs
Alive!® Rice/Pea Shake Vanilla / 10 pkts/bx
Alive!® Soy Shake Vanilla / 1.3 lbs
Alive!® Soy Shake Vanilla / 2.2 lbs

Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz
Sambucus Lozenge / 30
Sambucus Sugar-Free Syrup / 4 oz
Sambucus Syrup / 4 oz
Sambucus Syrup / 8 oz

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz
Umcka ColdCare® Cherry Syrup / 4 oz

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 90
CANDIDA CLEANSE 60
EVERYDAY CALCIUM WITH ENZYMES 120
EVERYDAY FIBER SYSTEM VCAPS 90
FOOD-BASED CALCIUM 180
GUMMY BEAR ESSENTIALS 30
GUMMY OMEGALICIOUS 30
GUMMY POWER SOURS 30
JUST ONCE MULTIVITAMIN 30
KID'S ONE MULTISTARS 30
KID'S ONE MULTISTARS 90
MEN'S ONE MULTIVITAMIN 150
MEN'S ONE MULTIVITAMIN 30
NUTRISTART MULTIVITAMIN POWDER 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PRENATAL PETITE MULTIVITAMIN 90
PROTEIN ENERGIZER CHOCOLATE
PROTEIN ENERGIZER VANILLA
REJUVENAGE 40+ MULTI 60
SUPER C 1000 60
WOMEN'S ONE MULTIVITAMIN 150
WOMEN'S ONE MULTIVITAMIN 30

Nutritional Supplements (Cont'd)

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Beach Bash Trail Mix
Not Nuts! Mountain Mambo Trail Mix

Pasta

Orgran

Pasta Ready Meal - Spaghetti with Tomato & Basil Sauce

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa
Organic Sesame Teriyaki