

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Raleigh 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
- Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

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

Baking Needs (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Frosting Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix

Ener-G

- Egg Replacement
- Tapioca Flour

Enjoy Life

- Semi-Sweet Chocolate Chips

Bread

Ener-G

- White Rice Bread

Bread (Cont'd)

Glutino

Premium Corn Bread
Premium Flax Seed Bread

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

Cereal

Arrowhead Mills

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

Enjoy Life

Cinnamon Crunch Granola
Very Berry Crunch Granola

WFM Gluten Free Bakehouse

Fruit and Nut Granola

Chips/Pretzels/Snacks

Glutino

Pretzels, Sesame Rings
Pretzels, Sticks
Pretzels, Twists

Condiments

Organicville

Organic Dressing, French
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Orange Cranberry Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup

Condiments (Cont'd)

Organicville

Organic Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Cocoa Loco Snack Bars
Soft Baked Chewy Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookie
Soft Baked Lively Lemon Cookies
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

Pink Grapefruit Juice Lip Balm
Raspberry Sherbet Lip Balm

Desserts

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 All Purpose Baking Mix
Gluten Free Brownie Mix

Entrees and Mixes (Cont'd)

Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Frosting Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix
- Vanilla Frosting Mix

Ethnic Foods

Organicville

- Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

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

It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- Green Tea Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

Purely Decadent

- Chocolate Obsession Non-Dairy Frozen Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Mocha Almond Fudge Non-Dairy Frozen Dessert
- Peanut Butter Zig Zag Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert

So Delicious

- Coconut Almond Bar, Made with Coconut Milk

Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles

Frozen Foods (Cont'd)

Van's

- Wheat Free Flax Waffles
- Wheat Free Homestyle Waffles
- Wheat Free Mini Homestyle Waffles

Hair Care Products

365 Every Day Value™

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

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 Herbal Mint Shower Gel
- 365 Lavender Blend Shower Gel

Jams and Nut Butters

Arrowhead Mills

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

Nutritional Supplements

Nature's Way Alive!

- Alive! Whole Food C, Pwd 120 g
- Alive!® (no iron added) / 180 Tb
- Alive!® / 90 Tb
- Alive!® / 90 Vcaps®

Nutritional Supplements (Cont'd)

Nature's Way Sambucus

Sambucus for Kids / 4 oz

Nature's Way Thisilyn

Super Thisilyn® / 60 Vcaps®

Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz

Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx

Pioneer Nutrition

B Complex- 60 tab

Rainbow Light

ACTIVE HEALTH TEEN MULTIVITAMIN 30
ACTIVE HEALTH TEEN MULTIVITAMIN 90
ACTIVE SENIOR MULTIVITAMIN 30
ACTIVE SENIOR MULTIVITAMIN 90
B-COMPLETE 90
BUSY BRAIN RELEASE 60
CALCIUM CITRATE MINI TABS 120
CERTIFIED ORGANIC WOMENS MULTI 120
COMPLETE IRON SYSTEM 60
ENERGY B-COMPLEX 45
EVERYDAY FIBER SYSTEM VCAPS 90
FOOD-BASED CALCIUM 180
FOOD-BASED CALCIUM 90
GUMMY OMEGALICIOUS 30
JUST ONCE IRON-FREE MULTIVITAMIN 120
JUST ONCE IRON-FREE MULTIVITAMIN 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
MINTASURE 75
NAIL, HAIR & SKIN CONNECTION 60
NUTRISTART MULTIVITAMIN POWDER 30
PMS RELIEF 30
PRENATAL ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 30
PROTEIN ENERGIZER ACAI
PROTEIN ENERGIZER VANILLA
SUPER C 1000 60
VITAMIN D 1,000 IU GUMMIES 100
VITAMIN D 1,000 IU GUMMIES 50

Nutritional Supplements (Cont'd)

Rainbow Light

VITAMIN D 400 IU GUMMIES 60

WOMEN'S ONE MULTIVITAMIN 150

WOMEN'S ONE MULTIVITAMIN 30

Vibrant Health

Curcuminoids-95+

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki

Organic Pineapple Salsa