

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sharon Road 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.

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Wheat Free/Gluten Free Brownie Mix

Sugar Cookie Mix

Ener-G Foods

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Van's International Foods

Gluten Free Homestyle Pancakes

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

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Wheat Free/Gluten Free Brownie Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 30

Pain - Eze 30

Kid'S One Multistars 90

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Vitamin D 1,000 Iu Gummies 100

Prenatal One Multivitamin 90

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

Men'S One Multivitamin 90

Active Senior Multivitamin 90

Women'S One Multivitamin 150

Men'S One Multivitamin 150

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organicville (Cont'd)

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Ener-G Foods

Egg Replacer

Tapioca Flour

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Van's International Foods

Gluten Free Homestyle Pancakes

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Enjoy Life (Cont'd)

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

Ethnic Foods

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Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Coconut Almond Minis

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

Vitamin D 1,000 Iu Gummies 100

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

Prenatal One Multivitamin 90

Men'S One Multivitamin 30

Rainbow Light (Cont'd)

Men'S One Multivitamin 90

Active Health Teen Multivitamin 90

Men'S One Multivitamin 150

Pain - Eze 30

Kid'S One Multistars 90

Women'S One Multivitamin 150

Active Senior Multivitamin 90

Women'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer

Tapioca Flour

Enjoy Life Foods

Mini Chips

Breakfast Foods

Van's International Foods

Gluten Free Homestyle Pancakes

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

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

Organicville

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Sun Bar
- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

- Soft Baked Gingerbread Spice Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis
- Organic Creamy Vanilla

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

- Sugar Cookie Mix

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Peanut Butter Zigzag
- Chocolate Covered Vanilla Coconut Minis
- Organic Creamy Vanilla
- Coconut Almond Minis
- Coconut Milk Cookie Dough

Van's International Foods

- Gluten Free Homestyle Pancakes

Nuts/Seeds/Dried Fruits

Enjoy Life

- Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce