

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Arlington Center Store, North Atlantic 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

#### Ener-G Foods

- Tapioca Loaf
- Hi-Fiber Loaf
- Brown Rice Loaf
- Light Brown Rice Loaf

### Baking Needs

#### Cherrybrook Kitchen

- Pancake and Baking Wheat Free/Gluten Free Mix
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Vanilla Frosting Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Sugar Cookie Mix
- Wheat Free/Gluten Free Brownie Mix

#### Ener-G Foods

- Egg Replacer
- White Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Hi-Fiber Loaf
- Brown Rice Loaf
- White Rice Loaf Yeast Free
- Light Brown Rice Loaf
- Tapioca Loaf

### Breakfast Foods

#### Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

### 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

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Ketchup
- Organic Tangy BBQ Sauce
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, French

#### The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### Cookies and Snack Bars

#### Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

#### Enjoy Life Foods

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

#### 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

Organic Creamy Vanilla

**Entrees and Mixes****Cherrybrook Kitchen**

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Wheat Free/Gluten Free Brownie Mix

Vanilla Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

**Ethnic Foods****Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

**Frozen Foods****Ian's Natural Foods**

French Toast Sticks, Wheat Free Gluten Free

**Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

**Nutritional Supplements****Rainbow Light**

Active Health Teen Multivitamin 90

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 90

Active Senior Multivitamin 30

Complete Iron System 60

Prenatal Petite Multivitamin 90

Women'S Nutritional System 180

Kid'S One Multistars 30

Active Senior Multivitamin 90

Food Based Calcium

Kid'S One Multistars 90

Prenatal One Multivitamin 30

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Performance Energy Multivitamin 90

Counter Attack 90

Counter Attack 30

Food Based Calcium

Everyday Calcium With Enzymes 120

Men'S One Multivitamin 90

**Rainbow Light (Cont'd)**

Women'S One Multivitamin 150

**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

Organic Tangy BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Baked Goods****Ener-G Foods**

Tapioca Loaf

Brown Rice Loaf

Hi-Fiber Loaf

Light Brown Rice Loaf

**Baking Needs****Cherrybrook Kitchen**

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

**Ener-G Foods**

White Rice Loaf Yeast Free

Egg Replacer

**Enjoy Life Foods**

Mini Chips

**Hain**

Baking Powder

**Bread****Ener-G Foods**

Light Brown Rice Loaf

Brown Rice Loaf

Tapioca Loaf

Hi-Fiber Loaf

White Rice Loaf Yeast Free

**Breakfast Foods****Ian's Natural Foods**

French Toast Sticks, Wheat Free Gluten Free

**Candy and Chocolate****Enjoy Life**

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

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Non Dairy Ranch

Organic Tangy BBQ Sauce

Organic Dressing, French

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

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

Organic Creamy Vanilla

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Vanilla Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

French Toast Sticks, Wheat Free Gluten Free

### **Purely Decadent**

Coconut Milk Mint Chip

## **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Organic Creamy Vanilla

## **Nutritional Supplements**

### **Rainbow Light**

Counter Attack 30

Active Health Teen Multivitamin 90

Women'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 90

Kid'S One Multistars 30

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Active Senior Multivitamin 30

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Active Senior Multivitamin 90

Everyday Calcium With Enzymes 120

Kid'S One Multistars 90

Prenatal One Multivitamin 90

Complete Iron System 60

Women'S One Multivitamin 150

Performance Energy Multivitamin 90

Food Based Calcium

Women'S Nutritional System 180

Prenatal One Multivitamin 30

Prenatal Petite Multivitamin 90

Food Based Calcium

## **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 Tangy BBQ Sauce

Organic Island Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Light Brown Rice Loaf

Hi-Fiber Loaf

Brown Rice Loaf

Tapioca Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

## **Enjoy Life Foods (Cont'd)**

Mini Chips

## **Bread**

### **Ener-G Foods**

Light Brown Rice Loaf

Brown Rice Loaf

Tapioca Loaf

Hi-Fiber Loaf

## **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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie 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

Organic Creamy Vanilla

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

## **Enjoy Life (Cont'd)**

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