

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Andover 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

- Brown Rice Loaf
- Tapioca Loaf
- White Rice Loaf

### Baking Needs

#### Cherrybrook Kitchen

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

#### Ener-G Foods

- Tapioca Flour
- Egg Replacer

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Brown Rice Loaf
- White 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 w/ Crispy Rice Chocolate Bar

#### Enjoy Life (Cont'd)

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

### Cereal

#### Arrowhead Mills

- Organic Maple Buckwheat Flakes
- Organic Rice & Shine Hot Cereal

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

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

#### The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### Cookies and Snack Bars

#### Enjoy Life

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Caramel Apple Snack Bar

#### Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice 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**

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

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

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting 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**

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

**Nutritional Supplements****Pioneer Nutrition**

Chewable Vitamins / Minerals- 90 tab

**Rainbow Light**

Prenatal One Multivitamin 90

Chewable Calcium Citrate Multi-Mins 45

Men'S One Multivitamin 30

Just Once Multivitamin 60

Food Based Calcium

Calcium Citrate Mini Tabs 120

Men'S One Multivitamin 90

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 30

Complete Iron System 60

Vitamin D 400 Iu Gummies 60

Vitamin D 1,000 Iu Gummies 50

Gummy Power Sours 30

Gummy Bear Essentials 30

Women'S One Multivitamin 30

Organic Womens Multi Vitamin

Prenatal One Multivitamin 150

Performance Energy Multivitamin 90

**Rainbow Light (Cont'd)**

Active Health Teen Multivitamin 90

Kid'S One Multistars 90

Women'S One Multivitamin 150

Pain - Eze 30

Just Once Iron-Free Multivitamin 120

Everyday Calcium With Enzymes 120

Prenatal One Multivitamin 30

Counter Attack 90

Active Senior Multivitamin 90

Prenatal Petite Multivitamin 90

Food Based Calcium

Women'S One Multivitamin 90

Active Senior Multivitamin 30

**Vibrant Health**

Dumontiaceae Red Algae

Joint Vibrance Powder

**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**

Tapioca Loaf

Brown Rice Loaf

White Rice Loaf

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

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

Vanilla Frosting Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Frosting Mix

**Ener-G Foods**

Tapioca Flour

Egg Replacer

**Enjoy Life Foods**

Mini Chips

**Hain**

Baking Powder

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

White Rice Loaf

Tapioca Loaf

Brown Rice Loaf

## **Breakfast Foods**

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

French Toast Sticks, Wheat Free Gluten Free

## **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 Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice 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**

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

Chocolate Frosting Mix

Vanilla Frosting Mix

### **Cherrybrook Kitchen (Cont'd)**

Wheat Free/Gluten Free Brownie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free 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

Organic Chocolate Velvet

Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Pioneer Nutrition**

Chewable Vitamins / Minerals- 90 tab

### **Rainbow Light**

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 30

Chewable Calcium Citrate Multi-Mins 45

Prenatal One Multivitamin 150

Men'S One Multivitamin 90

Active Senior Multivitamin 90

Just Once Multivitamin 60

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 150

Just Once Iron-Free Multivitamin 120

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Kid'S One Multistars 30

Active Senior Multivitamin 30

Women'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Active Health Teen Multivitamin 90

Pain - Eze 30

Food Based Calcium

Food Based Calcium

Calcium Citrate Mini Tabs 120

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Men'S One Multivitamin 150

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Complete Iron System 60

Gummy Bear Essentials 30

Organic Womens Multi Vitamin

Gummy Power Sours 30

Performance Energy Multivitamin 90

Vitamin D 400 Iu Gummies 60

## **Vibrant Health**

Joint Vibrance Powder  
Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce  
Organic Island Teriyaki  
Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Tapioca Loaf  
White Rice Loaf  
Brown Rice Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

### **Ener-G Foods**

Tapioca Flour  
Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

White Rice Loaf  
Brown Rice Loaf  
Tapioca Loaf

## **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 Rice & Shine Hot Cereal  
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  
Gluten Free Caramel Apple 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  
Organic Chocolate Velvet

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Chocolate Velvet  
Chocolate Covered Vanilla Coconut Minis  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Rainbow Light**

Organic Womens Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce