

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Briarcliff 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

Ener-G Foods

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Tapioca Flour

Brown Rice Loaf Yeast Free

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Brown Rice Loaf Yeast Free

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

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

Soft Baked Gingerbread Spice Cookies

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Arrowhead Mills (Cont'd)

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods**Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods**So Delicious**

Coconut Almond Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Rainbow Light**

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Active Senior Multivitamin 30

Prenatal One Multivitamin 150

Active Health Teen Multivitamin 90

Men'S One Multivitamin 90

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Kid'S One Multistars 90

Prenatal Petite Multivitamin 90

Vitamin D 400 Iu Gummies 60

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 30

Food Based Calcium

Sauces/Salsas/Dips**Organicville**

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods**Ener-G Foods**

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Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Tapioca Flour

Ener-G Foods (Cont'd)

Brown Rice Loaf Yeast Free

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

Brown Rice Loaf Yeast Free

Tapioca Loaf

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

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

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Cookies and Snack Bars**Enjoy Life**

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Enjoy Life Foods

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Kid'S One Multistars 90

Active Senior Multivitamin 30

Women'S One Multivitamin 90

Men'S One Multivitamin 150

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Women'S One Multivitamin 30

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 90

Active Health Teen Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Sauces/Salsas/Dips

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Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

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Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce