

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bedford 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
- Brown Rice Loaf
- White Rice Loaf
- Hi-Fiber Loaf
- Light Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

- White Rice Loaf Yeast Free
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf
- White Rice Loaf Yeast Free
- Light Brown Rice Loaf
- Hi-Fiber 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 Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Dressing, French
- Organic Ketchup
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Tangy 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 Gingerbread Spice Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Frosting Mix

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Vanilla Frosting Mix

Sugar Cookie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

Purely Decadent

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Organic Chocolate Velvet

Nutritional Supplements

Pioneer Nutrition

Children's Multi 120ct

Rainbow Light

Vitamin D 1,000 Iu Gummies 100

Pain - Eze 30

Women'S One Multivitamin 90

Active Senior Multivitamin 30

Active Health Teen Multivitamin 90

Everyday Calcium With Enzymes 120

Kid'S One Multistars 30

Men'S One Multivitamin 90

Rainbow Light (Cont'd)

Food Based Calcium

Just Once Iron-Free Multivitamin 120

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 30

Just Once Multivitamin 120

Prenatal One Multivitamin 90

Food Based Calcium

Men'S One Multivitamin 150

Counter Attack 90

Women'S One Multivitamin 30

Kid'S One Multistars 90

Calcium Citrate Mini Tabs 120

Men'S One Multivitamin 30

Active Senior Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Counter Attack 30

Gummy Bear Essentials 30

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

White Rice Loaf

Tapioca Loaf

Brown Rice Loaf

Light Brown Rice Loaf

Hi-Fiber Loaf

Baking Needs

Cherrybrook Kitchen

Vanilla Frosting Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Chocolate Frosting 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

Egg Replacer

White Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

- White Rice Loaf
- Hi-Fiber Loaf
- White Rice Loaf Yeast Free
- Light Brown Rice Loaf
- 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 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 Ketchup
- Organic Dressing, French
- Organic Tangy BBQ Sauce
- Organic Dressing, Non Dairy Ranch
- 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

Enjoy Life Foods

- Soft Baked Gingerbread Spice Cookies
- 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

- Purely Decadent Cookie Dough

So Delicious

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

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

Purely Decadent

- Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Pioneer Nutrition

- Children's Multi 120ct

Rainbow Light

- Prenatal One Multivitamin 90
- Just Once Multivitamin 120
- Counter Attack 30
- Women'S One Multivitamin 90
- Food Based Calcium
- Vitamin D 1,000 Iu Gummies 100
- Active Senior Multivitamin 90
- Just Once Iron-Free Multivitamin 120
- Pain - Eze 30
- Vitamin D 400 Iu Gummies 60
- Counter Attack 90
- Women'S One Multivitamin 30
- Men'S One Multivitamin 30
- Active Senior Multivitamin 30
- Vitamin D 1,000 Iu Gummies 50
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 150
- Kid'S One Multistars 30
- Men'S One Multivitamin 150

Rainbow Light (Cont'd)

Everyday Calcium With Enzymes 120
Gummy Bear Essentials 30
Food Based Calcium
Women'S One Multivitamin 150
Kid'S One Multistars 90
Men'S One Multivitamin 90
Calcium Citrate Mini Tabs 120
Active Health Teen Multivitamin 90

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

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

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

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

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix

Frozen Foods

So Delicious

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

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce