

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Biscayne Store, Florida 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

- White Rice Loaf
- Brown Rice Loaf
- Light Brown Rice Loaf
- Tapioca Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

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

### Candy and Chocolate

#### Enjoy Life

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

### Cereal

#### Arrowhead Mills

- Organic Yellow Corn Grits
- Organic Maple Buckwheat Flakes

#### Arrowhead Mills (Cont'd)

- Organic Rice & Shine Hot Cereal

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

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

### Cookies and Snack Bars

#### Enjoy Life

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

#### Enjoy Life Foods

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

#### Glutino

- Blueberry Breakfast Bars

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### Purely Decadent

### **Purely Decadent (Cont'd)**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### **So Delicious**

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

### **Desserts**

#### **So Delicious**

Peanut Butter Zigzag

### **Entrees and Mixes**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ethnic Foods**

#### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

### **Frozen Foods**

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

Chicken Nuggets, Allergen Free

#### **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

#### **So Delicious**

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

### **Nutritional Supplements**

#### **Nature's Way Alive!**

Alive w/o Fe added Cap  
Max Potency Multivitamin  
Alive Cap  
Vitamin C  
Max Potency Multivitamin  
Max Potency Multivitamin  
Max Potency Multivitamin w/o Fe  
Max Potency Multivitamin w/o Fe  
Max Potency Multivitamin w/o Fe

#### **Rainbow Light**

Men'S One Multivitamin 90  
Food Based Calcium  
Food Based Calcium  
Just Once Iron-Free Multivitamin 120  
Gummy Omegalicious 30  
Prenatal One Multivitamin 90  
Active Health Teen Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 30

### **Rainbow Light (Cont'd)**

Calcium Citrate Mini Tabs 120  
Men'S One Multivitamin 150  
Just Once Multivitamin 30  
Magnesium Calcium "+" 90  
Women'S One Multivitamin 30  
Men'S One Multivitamin 30  
Kid'S One Multistars 30  
Active Senior Multivitamin 30  
Counter Attack 90  
Nutristart Multivitamin Powder 30  
Prenatal One Multivitamin 150  
Complete Iron System 60  
Gummy Power Sours 30  
Nail, Hair & Skin Connection 60  
Kid'S One Multistars 90  
Prenatal Petite Multivitamin 90  
Everyday Calcium With Enzymes 240  
Counter Attack 30  
Women'S One Multivitamin 150  
Just Once Multivitamin 120  
Everyday Calcium With Enzymes 120  
Women'S One Multivitamin 90  
Pain - Eze 30  
Super C 1000 60  
Magnesium Calcium "+" 180  
Active Senior Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Just Once Multivitamin 60

#### **Vibrant Health**

Joint Vibrance Powder

### **Sauces/Salsas/Dips**

#### **OrganicVille**

Original BBQ Sauce

#### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki  
Organic Tangy BBQ Sauce

### **Baked Goods**

#### **Ener-G Foods**

Light Brown Rice Loaf  
White Rice Loaf  
Brown Rice Loaf  
Tapioca Loaf

### **Baking Needs**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

#### **Ener-G Foods**

Egg Replacer  
Brown Rice Loaf Yeast Free

#### **Enjoy Life Foods**

Mini Chips

## **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Tapioca Loaf

Brown Rice Loaf

White Rice Loaf

Brown Rice Loaf Yeast Free

Light Brown Rice 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

Organic Yellow Corn Grits

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun Bar

### **Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

### **Glutino**

Blueberry Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

## **So Delicious**

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

### **So Delicious**

Coconut Almond Minis

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive Cap

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Vitamin C

Alive w/o Fe added Cap

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

### **Rainbow Light**

Just Once Multivitamin 30

Women'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Super C 1000 60

Just Once Iron-Free Multivitamin 120

Women'S One Multivitamin 150

Active Senior Multivitamin 30

Nail, Hair & Skin Connection 60

Prenatal One Multivitamin 150

Complete Iron System 60

Prenatal One Multivitamin 30

Men'S One Multivitamin 30

## **Rainbow Light (Cont'd)**

Counter Attack 30  
Food Based Calcium  
Just Once Multivitamin 120  
Gummy Omegalicious 30  
Active Senior Multivitamin 90  
Prenatal One Multivitamin 90  
Men'S One Multivitamin 90  
Men'S One Multivitamin 150  
Gummy Power Sours 30  
Just Once Multivitamin 60  
Calcium Citrate Mini Tabs 120  
Everyday Calcium With Enzymes 240  
Pain - Eze 30  
Active Health Teen Multivitamin 90  
Food Based Calcium  
Magnesium Calcium "+" 180  
Everyday Calcium With Enzymes 120  
Prenatal Petite Multivitamin 90  
Kid'S One Multistars 30  
Magnesium Calcium "+" 90  
Women'S One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Counter Attack 90  
Nutristart Multivitamin Powder 30  
Kid'S One Multistars 90

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf  
White Rice Loaf  
Light Brown Rice Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

White Rice Loaf  
Tapioca Loaf

## **Ener-G Foods (Cont'd)**

Light Brown Rice Loaf  
Brown Rice Loaf

## **Candy and Chocolate**

### **Enjoy Life**

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

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes  
Organic Yellow Corn Grits  
Organic Rice & Shine Hot Cereal

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun 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

### **Glutino**

Blueberry Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla

**So Delicious (Cont'd)**

Organic Chocolate Velvet

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce