

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Brookline 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.

Baking Needs

Cherrybrook Kitchen

- Chocolate Wheat Free/Gluten Free Cake Mix
- Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Candy and Chocolate

Enjoy Life

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

Condiments

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, French

Cookies and Snack Bars

Enjoy Life

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

Enjoy Life Foods

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

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Wheat Free/Gluten Free Cake Mix

Frozen Foods

So Delicious

- Peanut Butter Zigzag

Nutritional Supplements

Rainbow Light

- Food Based Calcium
- Counter Attack 30
- Kid'S One Multistars 90
- Women'S One Multivitamin 30
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 90
- Food Based Calcium
- Women'S One Multivitamin 150
- Men'S One Multivitamin 30
- Women'S One Multivitamin 90

Baking Needs

Cherrybrook Kitchen

- Chocolate Wheat Free/Gluten Free Cake Mix
- Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Candy and Chocolate

Enjoy Life

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

Condiments

Organicville

Organicville (Cont'd)

Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, French

Cookies and Snack Bars**Enjoy Life**

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

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon
Soft Baked Chocolate Chip Cookies

Dairy Alternatives**Ener-G Foods**

Egg Replacer

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

Frozen Foods**So Delicious**

Peanut Butter Zigzag

Nutritional Supplements**Rainbow Light**

Women'S One Multivitamin 150
Women'S One Multivitamin 90
Prenatal One Multivitamin 30
Men'S One Multivitamin 30
Counter Attack 30
Food Based Calcium
Women'S One Multivitamin 30
Prenatal One Multivitamin 90
Food Based Calcium
Kid'S One Multistars 90

Baking Needs**Ener-G Foods**

Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate**Enjoy Life**

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

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

Enjoy Life Foods (Cont'd)

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Desserts**So Delicious**

Peanut Butter Zigzag

Frozen Foods**So Delicious**

Peanut Butter Zigzag