

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Bellingham 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
- Light Brown Rice Loaf
- Hi-Fiber Loaf

### Baking Needs

#### Cherrybrook Kitchen

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

#### Ener-G Foods

- White Rice Loaf Yeast Free
- Egg Replacer

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

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

### 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
- 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

#### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Ketchup
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Miso Ginger Vinaigrette
- 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 Cocoa Loco Snack Bar

#### Enjoy Life Foods

- Soft Baked Double Chocolate Brownie 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 Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Frosting Mix

Sugar Cookie Mix

Vanilla Frosting Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

French Toast Sticks, Wheat Free Gluten Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

## **Nutritional Supplements**

### **Rainbow Light**

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Vitamin D 1,000 Iu Gummies 100

Chewable Calcium Citrate Multi-Mins 45

Food Based Calcium

Food Based Calcium

Complete Iron System 60

Kid'S One Multistars 30

Women'S One Multivitamin 90

Women'S One Multivitamin 150

Active Senior Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

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

Pain - Eze 30

Prenatal One Multivitamin 150

Everyday Calcium With Enzymes 240

Just Once Iron-Free Multivitamin 120

Active Health Teen Multivitamin 90

Calcium Citrate Mini Tabs 120

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Prenatal Petite Multivitamin 90

Everyday Calcium With Enzymes 120

Counter Attack 90

Counter Attack 30

Men'S One Multivitamin 30

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Hi-Fiber Loaf

Tapioca Loaf

Light Brown Rice Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Wheat Free/Gluten Free Brownie Mix

### **Ener-G Foods**

White Rice Loaf Yeast Free

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Light Brown Rice Loaf

Hi-Fiber Loaf

White Rice Loaf Yeast Free

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 Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Tangy BBQ Sauce

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

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 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**

Coconut Milk Mint Chip

### **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 Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

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

Sugar Cookie Mix

Chocolate Frosting Mix

Vanilla Frosting Mix

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

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

French Toast Sticks, Wheat Free Gluten Free

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Rainbow Light**

Complete Iron System 60

Women'S One Multivitamin 150

Active Senior Multivitamin 90

Kid'S One Multistars 30

Women'S One Multivitamin 90

Men'S One Multivitamin 150

Chewable Calcium Citrate Multi-Mins 45

Vitamin D 1,000 Iu Gummies 100

Counter Attack 30

Men'S One Multivitamin 30

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 90

Everyday Calcium With Enzymes 120

Everyday Calcium With Enzymes 240

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## **Sauces/Salsas/Dips**

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**OrganicVille (Cont'd)**

Original BBQ Sauce

**Organicville**

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Organic Island Teriyaki

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Baked Goods****Ener-G Foods**

Light Brown Rice Loaf

Tapioca Loaf

Hi-Fiber Loaf

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

Sugar Cookie Mix

**Ener-G Foods**

Egg Replacer

**Enjoy Life Foods**

Mini Chips

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

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 Chocolate Bar

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

**Cereal****Arrowhead Mills**

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Soft Baked Double Chocolate Brownie Cookies

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