

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Brighton 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

Baking Needs

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Chocolate Frosting Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Loaf

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Ketchup

Organicville (Cont'd)

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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 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 Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Frosting Mix

Cherrybrook Kitchen (Cont'd)

Vanilla Frosting Mix
Gluten Free/Wheat Free Yellow Cake 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

So Delicious

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

Nutritional Supplements

Pioneer Nutrition

B Complex- 60 tab

Rainbow Light

Kid'S One Multistars 90
Men'S One Multivitamin 90
Just Once Multivitamin 120
Vitamin D 400 Iu Gummies 60
Food Based Calcium
Men'S One Multivitamin 150
Women'S One Multivitamin 150
Complete Iron System 60
Food Based Calcium
Energy B-Complex 45
Prenatal Petite Multivitamin 90
Calcium Citrate Mini Tabs 120
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 30
Active Senior Multivitamin 30
Prenatal One Multivitamin 90
Magnesium Calcium "+" 180
Just Once Multivitamin 60
Women'S One Multivitamin 30
Prenatal One Multivitamin 30
Nutristart Multivitamin Powder 30
Active Senior Multivitamin 90

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Loaf

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, French
Organic Dressing, Olive Oil & Balsamic Vinaigrette
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 Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

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Pancake and Baking Wheat Free/Gluten Free Mix

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Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

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Women'S One Multivitamin 30

Just Once Multivitamin 60

Women'S One Multivitamin 150

Calcium Citrate Mini Tabs 120

Active Senior Multivitamin 90

Men'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Complete Iron System 60

Nutristart Multivitamin Powder 30

Energy B-Complex 45

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 30

Magnesium Calcium "+" 180

Prenatal One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Just Once Multivitamin 120

Rainbow Light (Cont'd)

Kid'S One Multistars 90

Women'S One Multivitamin 90

Men'S One Multivitamin 90

Food Based Calcium

Active Senior Multivitamin 30

Prenatal Petite Multivitamin 90

Sauces/Salsas/Dips

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Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

Organicville

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Soft Baked Chocolate Chip Cookies

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So Delicious

Organic Creamy Vanilla

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Cherrybrook Kitchen**

Sugar Cookie Mix

Frozen Foods**So Delicious**

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce