

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Bishops Corner 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

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

### Ener-G Foods

- Egg Replacer

### Enjoy Life Foods

- Mini Chips

### Hain

- Baking Powder

## 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

## Condiments

### Organicville

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

### Organicville (Cont'd)

- Organic Dressing, French

### 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 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

- Coconut Milk Mint Chip

### So Delicious

- Organic Creamy Vanilla
- Organic Chocolate Velvet

## Desserts

### So Delicious

- Peanut Butter Zigzag

## Entrees and Mixes

### Cherrybrook Kitchen

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

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

Chocolate Wheat Free/Gluten Free Cake Mix  
Chocolate Chip Wheat Free/Gluten Free Cookie Mix

### **Ethnic Foods**

#### **Organicville**

Organic Island Teriyaki

### **Frozen Foods**

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

French Toast Sticks, Wheat Free Gluten Free

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

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

### **Nutritional Supplements**

#### **Rainbow Light**

Kid'S One Multistars 30  
Active Health Teen Multivitamin 90  
Food Based Calcium  
Men'S One Multivitamin 150  
Prenatal One Multivitamin 90  
Nutristart Multivitamin Powder 30  
Men'S One Multivitamin 90  
Everyday Calcium With Enzymes 120  
Vitamin D 1,000 Iu Gummies 50  
Prenatal One Multivitamin 30  
Women'S One Multivitamin 90  
Men'S One Multivitamin 30  
Chewable Calcium Citrate Multi-Mins 45  
Kid'S One Multistars 90  
Just Once Multivitamin 120  
Food Based Calcium  
Active Senior Multivitamin 90  
Women'S One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 30  
Nail, Hair & Skin Connection 60  
Vitamin D 1,000 Iu Gummies 100

#### **Vibrant Health**

Joint Vibrance Powder

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

#### **Organicville**

Organic Island Teriyaki

#### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### **Baking Needs**

#### **Cherrybrook Kitchen**

Chocolate Wheat Free/Gluten Free Cake Mix  
Vanilla Frosting Mix  
Sugar Cookie Mix

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

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

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

Egg Replacer

#### **Enjoy Life Foods**

Mini Chips

#### **Hain**

Baking Powder

### **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 Dairy-Free Rice Milk Chocolate Bar  
Boom Choco Boom Dark Chocolate Bar

### **Cereal**

#### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

### **Condiments**

#### **Organicville**

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic 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 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

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

Organic Chocolate Velvet  
Organic Creamy Vanilla

### **Desserts**

#### **So Delicious**

**So Delicious (Cont'd)**

Peanut Butter Zigzag

**Entrees and Mixes****Cherrybrook Kitchen**

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

**Ethnic Foods****Organicville**

Organic Island Teriyaki

**Frozen Foods****Ian's Natural Foods**

French Toast Sticks, Wheat Free Gluten Free

**Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

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

**Nutritional Supplements****Rainbow Light**

Kid'S One Multistars 30  
Women'S One Multivitamin 90  
Just Once Multivitamin 120  
Everyday Calcium With Enzymes 120  
Prenatal One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Active Health Teen Multivitamin 90  
Nutristart Multivitamin Powder 30  
Men'S One Multivitamin 30  
Nail, Hair & Skin Connection 60  
Active Senior Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 30  
Men'S One Multivitamin 90  
Chewable Calcium Citrate Multi-Mins 45  
Food Based Calcium  
Food Based Calcium  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 150  
Men'S One Multivitamin 150  
Kid'S One Multistars 90  
Prenatal One Multivitamin 30

**Vibrant Health**

Joint Vibrance Powder

**Sauces/Salsas/Dips****Organicville**

Organic Island Teriyaki

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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

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

**Cereal****Arrowhead Mills**

Organic Maple Buckwheat Flakes

**Condiments****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

**Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Organic Chocolate Velvet  
Organic Creamy Vanilla

**Desserts****So Delicious**

Peanut Butter Zigzag

**Entrees and Mixes****Cherrybrook Kitchen**

Sugar Cookie Mix

**Frozen Foods****Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Coconut Milk Cookie Dough

**So Delicious (Cont'd)**

Organic Chocolate Velvet

Organic Creamy Vanilla

Peanut Butter Zigzag

**Sauces/Salsas/Dips****The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce