

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cambridge 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

- White Rice Loaf
- Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Wheat Free/Gluten Free Brownie Mix
- Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- White Rice Loaf
- Tapioca Loaf

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 Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Condiments

Organicville

- Organic Ketchup
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch

Organicville (Cont'd)

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Tangy BBQ Sauce
- 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
- Gluten Free Caramel Apple 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

- Chocolate Wheat Free/Gluten Free Cake Mix
- Wheat Free/Gluten Free Brownie Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Gluten Free/Wheat Free Yellow Cake 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

Peanut Butter Zigzag

Nutritional Supplements

Rainbow Light

Vitamin D 400 Iu Gummies 60
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 30
Men'S One Multivitamin 90
Women'S One Multivitamin 150
Chewable Calcium Citrate Multi-Mins 45
Women'S One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Counter Attack 30
Prenatal One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 90
Nutristart Multivitamin Powder 30
Performance Energy Multivitamin 90

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki
Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

White Rice Loaf
Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf
White Rice 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

Condiments

Organicville

Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, French
Organic Tangy BBQ Sauce
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Tarragon Dijon Vinaigrette
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 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

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

Peanut Butter Zigzag

Nutritional Supplements

Rainbow Light

Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 30
Men'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Nutristart Multivitamin Powder 30
Performance Energy Multivitamin 90
Vitamin D 400 Iu Gummies 60
Counter Attack 30
Chewable Calcium Citrate Multi-Mins 45

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 30
Prenatal One Multivitamin 90
Prenatal One Multivitamin 30
Women'S One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 150

Sauces/Salsas/Dips**Organicville**

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods**Ener-G Foods**

White Rice Loaf
Tapioca Loaf

Baking Needs**Ener-G Foods**

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

Tapioca Loaf
White Rice Loaf

Candy and Chocolate**Enjoy Life**

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

Condiments**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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
Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Desserts**So Delicious**

Peanut Butter Zigzag

Frozen Foods**So Delicious****So Delicious (Cont'd)**

Peanut Butter Zigzag

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce