

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cary Store, South 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

- Brown Rice Loaf
- Tapioca Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

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

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- Tapioca Flour
- Egg Replacer

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf
- Brown Rice Loaf Yeast 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 Yellow Corn Grits
- Organic Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes

### Chips/Pretzels/Snacks

#### Glutino

- Pretzel Twists

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup
- 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
- Gluten Free Sun Bar

#### Enjoy Life Foods

- Soft Baked Gingerbread Spice Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

#### Glutino

- Blueberry Breakfast Bars

## **Glutino (Cont'd)**

Apple Breakfast Bars

## **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Wheat Free/Gluten Free Brownie Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

### **So Delicious**

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

## **Nutritional Supplements**

### **Rainbow Light**

Men'S One Multivitamin 30

Active Health Teen Multivitamin 90

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 90

Magnesium Calcium "+" 90

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 90

Calcium Citrate Mini Tabs 120

Men'S One Multivitamin 150

Food Based Calcium

Kid'S One Multistars 30

Kid'S One Multistars 90

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Active Senior Multivitamin 30

Nail, Hair & Skin Connection 60

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

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Food Based Calcium

Pain - Eze 30

Women'S One Multivitamin 150

Active Senior Multivitamin 90

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf

Tapioca Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Wheat Free/Gluten Free Brownie Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

### **Ener-G Foods**

Brown Rice Loaf Yeast Free

Egg Replacer

Tapioca Flour

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf

Brown Rice Loaf Yeast Free

Tapioca 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**

- Organic Maple Buckwheat Flakes
- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

## **Chips/Pretzels/Snacks**

### **Glutino**

- Pretzel Twists

## **Condiments**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

- Gluten Free Sun Bar
- 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
- Soft Baked Gingerbread Spice Cookies

### **Glutino**

- Blueberry Breakfast Bars
- Apple Breakfast Bars

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **So Delicious**

- Organic Creamy Vanilla
- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

- Sugar Cookie Mix

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

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

## **Ethnic Foods**

### **Organicville**

- Organic Sesame Teriyaki
- Organic Island Teriyaki

## **Frozen Foods**

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

- Women'S One Multivitamin 90
- Active Senior Multivitamin 30
- Nutristart Multivitamin Powder 30
- Prenatal One Multivitamin 150
- Kid'S One Multistars 30
- Vitamin D 1,000 Iu Gummies 50
- Magnesium Calcium "+" 90
- Kid'S One Multistars 90
- Active Health Teen Multivitamin 90
- Pain - Eze 30
- Food Based Calcium
- Food Based Calcium
- Prenatal One Multivitamin 30
- Vitamin D 1,000 Iu Gummies 100
- Men'S One Multivitamin 150
- Women'S One Multivitamin 30
- Nail, Hair & Skin Connection 60
- Prenatal One Multivitamin 90
- Men'S One Multivitamin 90
- Women'S One Multivitamin 150
- Men'S One Multivitamin 30
- Vitamin D 400 Iu Gummies 60
- Calcium Citrate Mini Tabs 120
- Active Senior Multivitamin 90

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

- Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### **The Ginger People**

## **The Ginger People (Cont'd)**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Sugar Cookie Mix

### **Ener-G Foods**

Egg Replacer  
Tapioca Flour

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf

## **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 Yellow Corn Grits  
Organic Maple Buckwheat Flakes  
Organic Rice & Shine Hot Cereal

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **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 Sun Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Chocolate Chip Cookies  
Soft Baked Gingerbread Spice Cookies  
Soft Baked Double Chocolate Brownie Cookies

### **Glutino**

Blueberry Breakfast Bars  
Apple Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis  
Organic Creamy Vanilla

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Sugar Cookie Mix

## **Frozen Foods**

### **So Delicious**

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

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce