

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Charlestown 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

Light Brown Rice Loaf

### Baking Needs

#### Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Wheat Free/Gluten Free Brownie Mix

#### Ener-G Foods

Egg Replacer

Tapioca Flour

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Bread

#### Ener-G Foods

Light Brown Rice 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 Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

### Cereal

#### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

### Condiments

#### OrganicVille

Original BBQ Sauce

#### Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Tangy 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

#### 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

#### 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**

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

## **Frozen Foods**

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

French Toast Sticks, Wheat Free Gluten Free

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

### **Purely Decadent**

Coconut Milk Mint Chip

## **So Delicious**

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Peanut Butter Zigzag

## **Nutritional Supplements**

### **Rainbow Light**

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Everyday Calcium With Enzymes 120

Kid'S One Multistars 90

Kid'S One Multistars 30

Calcium Citrate Mini Tabs 120

Prenatal Multi Vitamin

Performance Energy Multivitamin 90

Food Based Calcium

Food Based Calcium

Women'S One Multivitamin 90

Prenatal One Multivitamin 30

Nutristart Multivitamin Powder 30

Active Senior Multivitamin 30

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Prenatal One Multivitamin 90

Prenatal Petite Multivitamin 90

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 150

Women'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 150

## **Sauces/Salsas/Dips**

### **OrganicVille**

## **OrganicVille (Cont'd)**

Original BBQ Sauce

### **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**

Light Brown Rice Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

### **Ener-G Foods**

Tapioca Flour

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Light Brown 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 w/ Crispy Rice 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 Tangy BBQ Sauce

Organic Ketchup

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic 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**

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Wheat Free/Gluten Free Brownie Mix

Sugar Cookie Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

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

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

French Toast Sticks, Wheat Free Gluten Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

## **Nutritional Supplements**

### **Rainbow Light**

Food Based Calcium

Prenatal One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

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

Calcium Citrate Mini Tabs 120

Everyday Calcium With Enzymes 120

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 150

Men'S One Multivitamin 30

Women'S One Multivitamin 90

Women'S One Multivitamin 30

Prenatal Multi Vitamin

Kid'S One Multistars 30

Prenatal One Multivitamin 150

Prenatal One Multivitamin 30

Nutristart Multivitamin Powder 30

Performance Energy Multivitamin 90

Prenatal Petite Multivitamin 90

Active Senior Multivitamin 30

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 90

Women'S One Multivitamin 150

Food Based Calcium

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **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**

Light Brown Rice Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

### **Ener-G Foods**

Egg Replacer

Tapioca Flour

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Light Brown Rice Loaf

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

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

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

## **Arrowhead Mills (Cont'd)**

Organic Rice & Shine Hot Cereal  
Organic Maple Buckwheat Flakes

## **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

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Double Chocolate Brownie Cookies  
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 Creamy Vanilla  
Chocolate Covered Vanilla Coconut Minis  
Organic Chocolate Velvet

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Prenatal Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce