

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Chelsea Store, Northeast 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

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Van's International Foods

Gluten Free Homestyle Pancakes

Candy and Chocolate

Enjoy Life

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

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Cookies and Snack Bars

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

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie 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

Fish Sticks, Allergen Free

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Vitamin C
Max Potency Multivitamin w/o Fe
Alive Cap

Pioneer Nutrition

Iron Free Chewable Vitamin Mineral 90ct
Vitamin C Complex- 500mg- 180 tab

Pioneer Nutrition

Vegetarian Cal Mag- 90 Cap
Glucosamine Chondroitin Complex- 120 tab

Rainbow Light

Prenatal One Multivitamin 90
Women'S One Multivitamin 150
Women'S Nutritional System 180
Prenatal One Multivitamin 30
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 30
Men'S One Multivitamin 150
Active Senior Multivitamin 30
Magnesium Calcium "+" 90
Energy B-Complex 45
Vitamin D 1,000 Iu Gummies 50
Prenatal Petite Multivitamin 180
Prenatal Multi Vitamin
Super C 1000 120
Complete B-Complex 90
Just Once Multivitamin 120
Prenatal One Multivitamin 150
Everyday Calcium With Enzymes 120
Vitamin D 400 Iu Gummies 60
Food Based Calcium
Magnesium Calcium "+" 180
Pain - Eze 30
Counter Attack 30
Gummy Power Sours 30
Super C 1000 60
Kid'S One Multistars 30
Everyday Calcium With Enzymes 240
Men'S One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Active Senior Multivitamin 90
Just Once Multivitamin 30
Kid'S One Multistars 90
Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Organic Womens Multi Vitamin
Just Once Iron-Free Multivitamin 120
Multi-Vitamin Mens

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Van's International Foods

Gluten Free Homestyle Pancakes

Candy and Chocolate

Enjoy Life

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 Yellow Corn Grits

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Tangy BBQ Sauce
Organic Ketchup

Cookies and Snack Bars

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

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Alive Cap

Max Potency Multivitamin w/o Fe

Pioneer Nutrition

Iron Free Chewable Vitamin Mineral 90ct

Vitamin C Complex- 500mg- 180 tab

Pioneer Nutrition

Vegetarian Cal Mag- 90 Cap

Glucosamine Chondroitin Complex- 120 tab

Rainbow Light

Men'S One Multivitamin 30

Men'S One Multivitamin 150

Gummy Power Sours 30

Food Based Calcium

Everyday Calcium With Enzymes 240

Super C 1000 60

Just Once Multivitamin 120

Active Senior Multivitamin 30

Prenatal Petite Multivitamin 90

Complete B-Complex 90

Prenatal One Multivitamin 150

Kid'S One Multistars 30

Kid'S One Multistars 90

Multi-Vitamin Mens

Just Once Iron-Free Multivitamin 120

Vitamin D 400 Iu Gummies 60

Women'S Nutritional System 180

Men'S One Multivitamin 90

Energy B-Complex 45

Prenatal One Multivitamin 90

Rainbow Light (Cont'd)

Prenatal Multi Vitamin

Vitamin D 1,000 Iu Gummies 50

Counter Attack 30

Organic Womens Multi Vitamin

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 90

Magnesium Calcium "+" 90

Prenatal One Multivitamin 30

Just Once Multivitamin 30

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Magnesium Calcium "+" 180

Active Senior Multivitamin 90

Active Health Teen Multivitamin 90

Food Based Calcium

Super C 1000 120

Pain - Eze 30

Women'S One Multivitamin 150

Prenatal Petite Multivitamin 180

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Breakfast Foods

Van's International Foods

Gluten Free Homestyle Pancakes

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

OrganicVille

Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Enjoy Life Foods (Cont'd)

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**So Delicious**

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Rainbow Light**

Organic Womens Multi Vitamin

Multi-Vitamin Mens

Prenatal Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce