

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Chapel Hill 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.

## Baking Needs

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Cherrybrook Kitchen

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

### Ener-G Foods

Egg Replacer

Tapioca Flour

### Enjoy Life Foods

Mini Chips

### Hain

Baking Powder

## 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 Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

## Chips/Pretzels/Snacks

### Glutino

Pretzel Twists

## Condiments

### Organicville

Original BBQ Sauce

### Organicville

Organic Ketchup

## Organicville (Cont'd)

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

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

Gluten Free Sun Bar

### Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

### Glutino

Apple Breakfast Bars

Blueberry 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

Organic Chocolate Velvet

## Desserts

### So Delicious

Peanut Butter Zigzag

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

## Ethnic Foods

### Organicville

Organic Island Teriyaki

## Frozen Foods

### Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

### So Delicious

Peanut Butter Zigzag

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

## Nutritional Supplements

### Rainbow Light

Kid'S One Multistars 30

Nutristart Multivitamin Powder 30

Active Senior Multivitamin 90

Women'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Prenatal One Multivitamin 30

Food Based Calcium

Kid'S One Multistars 90

Active Health Teen Multivitamin 90

Women'S One Multivitamin 150

Active Senior Multivitamin 30

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Prenatal One Multivitamin 150

Multi-Vitamin Mens

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 150

Magnesium Calcium "+" 90

Chewable Calcium Citrate Multi-Mins 45

Vitamin D 1,000 Iu Gummies 100

### Vibrant Health

Joint Vibrance Powder

## Sauces/Salsas/Dips

### Organicville

Original BBQ Sauce

### Organicville

Organic Island Teriyaki

### The Ginger People

### The Ginger People (Cont'd)

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## Baking Needs

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

### Ener-G Foods

Egg Replacer

Tapioca Flour

### Enjoy Life Foods

Mini Chips

### Hain

Baking Powder

## 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, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

### 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 Gingerbread Spice Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

### Glutino

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

- Apple Breakfast Bars
- Blueberry Breakfast Bars

## **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **So Delicious**

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

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

- Organic Island Teriyaki

## **Frozen Foods**

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

- Popcorn Turkey Corn Dogs
- Chicken Nuggets, Allergen Free

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

- Vitamin D 400 Iu Gummies 60
- Magnesium Calcium "+" 90
- Active Health Teen Multivitamin 90
- Chewable Calcium Citrate Multi-Mins 45
- Food Based Calcium
- Women'S One Multivitamin 30
- Men'S One Multivitamin 150
- Active Senior Multivitamin 30
- Nutristart Multivitamin Powder 30
- Prenatal One Multivitamin 150
- Multi-Vitamin Mens
- Women'S One Multivitamin 150
- Active Senior Multivitamin 90

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

- Prenatal One Multivitamin 30
- Kid'S One Multistars 90
- Men'S One Multivitamin 30
- Vitamin D 1,000 Iu Gummies 50
- Vitamin D 1,000 Iu Gummies 100
- Calcium Citrate Mini Tabs 120
- Kid'S One Multistars 30
- Women'S One Multivitamin 90

### **Vibrant Health**

- Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

- Original BBQ Sauce

### **Organicville**

- Organic Island Teriyaki

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **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

## **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
- Organic Yellow Corn Grits

## **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 Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookies

**Glutino**

Apple Breakfast Bars  
Blueberry Breakfast Bars

**So Delicious**

Coconut Milk Cookie Dough

**Dairy Alternatives****Ener-G Foods**

Egg Replacer

**So Delicious**

Organic Chocolate Velvet  
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**

Sugar Cookie Mix

**Frozen Foods****So Delicious**

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

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

Multi-Vitamin Mens

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce