

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Chattanooga 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

### Cherrybrook Kitchen

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

### Ener-G Foods

- Tapioca Flour
- Egg Replacer

### Enjoy Life Foods

- Mini Chips

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

- Organic Ketchup
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

### Organicville (Cont'd)

- Organic Dressing, French
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Tarragon Dijon 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 Chocolate Chip 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 Creamy Vanilla
- Coconut Almond Minis
- Organic Chocolate Velvet

## Entrees and Mixes

### Cherrybrook Kitchen

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

## **Ethnic Foods**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## **Frozen Foods**

### **So Delicious**

- Organic Creamy Vanilla
- Organic Chocolate Velvet
- Coconut Milk Cookie Dough
- Coconut Almond Minis

### **Van's International Foods**

- Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

- Kid'S One Multistars 90
- Prenatal One Multivitamin 90
- Women'S One Multivitamin 30
- Prenatal One Multivitamin 30
- Active Health Teen Multivitamin 90
- Nutristart Multivitamin Powder 30
- Women'S One Multivitamin 90
- Men'S One Multivitamin 90
- Food Based Calcium
- Men'S One Multivitamin 30
- Kid'S One Multistars 30
- Vitamin D 1,000 Iu Gummies 50
- Women'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 100

### **Vibrant Health**

- Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

- Organic Sesame Teriyaki
- Organic Island Teriyaki

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Cherrybrook Kitchen**

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

### **Ener-G Foods**

- Egg Replacer
- Tapioca Flour

### **Enjoy Life Foods**

- Mini Chips

## **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
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

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

## **Chips/Pretzels/Snacks**

### **Glutino**

- Pretzel Twists

## **Condiments**

### **Organicville**

- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Ketchup
- 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 Gingerbread Spice 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
- Organic Creamy Vanilla
- Organic Chocolate Velvet

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

## **Organicville (Cont'd)**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## **Frozen Foods**

### **So Delicious**

- Organic Chocolate Velvet
- Organic Creamy Vanilla
- Coconut Almond Minis
- Coconut Milk Cookie Dough

### **Van's International Foods**

- Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

- Active Health Teen Multivitamin 90
- Women'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 50
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- Kid'S One Multistars 90
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- Food Based Calcium
- Men'S One Multivitamin 90
- Nutristart Multivitamin Powder 30
- Vitamin D 1,000 Iu Gummies 100
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### **Vibrant Health**

- Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Cherrybrook Kitchen**

- Sugar Cookie Mix

### **Ener-G Foods**

- Tapioca Flour
- Egg Replacer

### **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
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

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

## **Condiments**

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

### **Glutino**

- Blueberry Breakfast Bars
- Apple Breakfast Bars

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **So Delicious**

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

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

- Sugar Cookie Mix

## **Frozen Foods**

### **So Delicious**

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