

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Columbus Circle 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

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

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 Rice & Shine Hot Cereal

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

Organicville (Cont'd)

Organic Dressing, French

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Max Potency Multivitamin

Vitamin C

Max Potency Multivitamin w/o Fe

Rainbow Light

Gummy Omegalicious 30

Prenatal Petite Multivitamin 90

Organic Womens Multi Vitamin

Magnesium Calcium "+" 90

Women'S One Multivitamin 90

Counter Attack 30

Gummy Power Sours 30

Counter Attack 90

Prenatal One Multivitamin 90

Women'S Nutritional System 180

Just Once Multivitamin 30

Kid'S One Multistars 90

Active Health Teen Multivitamin 90

Magnesium Calcium "+" 180

Food Based Calcium

Vitamin D 1,000 Iu Gummies 50

Probioactive 1B 90

Men'S One Multivitamin 30

Just Once Multivitamin 60

Men'S One Multivitamin 150

Active Senior Multivitamin 90

Prenatal Petite Multivitamin 180

Prenatal Multi Vitamin

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Complete Iron System 60

Kid'S One Multistars 30

Active Senior Multivitamin 30

Everyday Calcium With Enzymes 240

Prenatal One Multivitamin 30

Just Once Multivitamin 120

Multi-Vitamin Mens

Super C 1000 60

Women'S One Multivitamin 30

Nail, Hair & Skin Connection 60

Rainbow Light (Cont'd)

Nutristart Multivitamin Powder 30

Food Based Calcium

Vibrant Health

Dumontiaceae Red Algae

Joint Vibrance Powder

Cholesterol Blocker

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Van's International Foods

Gluten Free Homestyle Pancakes

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

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

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

French Toast Sticks, Wheat Free Gluten Free
Fish Sticks, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Vitamin C
Max Potency Multivitamin w/o Fe
Alive Cap
Max Potency Multivitamin

Rainbow Light

Men'S One Multivitamin 150
Food Based Calcium
Complete Iron System 60
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 150
Gummy Omegalicious 30
Just Once Multivitamin 60

Rainbow Light (Cont'd)

Kid'S One Multistars 90
Nutristart Multivitamin Powder 30
Probioactive 1B 90
Food Based Calcium
Women'S Nutritional System 180
Men'S One Multivitamin 30
Magnesium Calcium "+" 90
Vitamin D 1,000 Iu Gummies 50
Nail, Hair & Skin Connection 60
Prenatal One Multivitamin 150
Prenatal One Multivitamin 90
Women'S One Multivitamin 90
Counter Attack 30
Gummy Power Sours 30
Vitamin D 1,000 Iu Gummies 100
Everyday Calcium With Enzymes 240
Active Health Teen Multivitamin 90
Prenatal Multi Vitamin
Magnesium Calcium "+" 180
Prenatal One Multivitamin 30
Just Once Multivitamin 30
Women'S One Multivitamin 30
Counter Attack 90
Kid'S One Multistars 30
Active Senior Multivitamin 30
Prenatal Petite Multivitamin 180
Just Once Multivitamin 120
Super C 1000 60
Active Senior Multivitamin 90
Multi-Vitamin Mens
Organic Womens Multi Vitamin

Vibrant Health

Cholesterol Blocker
Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki
Organic Tangy BBQ Sauce

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 Dairy-Free Rice Milk Chocolate Bar
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 Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

Prenatal Multi Vitamin
Multi-Vitamin Mens
Organic Womens Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce