

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cobb 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

Gluten Free/Wheat Free Yellow Cake Mix

#### Ener-G Foods

Egg Replacer

#### 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 Dairy-Free Rice Milk Chocolate Bar

### Cereal

#### Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Twists

### Condiments

#### Organicville

Organic Dressing, Herbs de Provence Vinaigrette

#### Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

### Cookies and Snack Bars

#### Enjoy Life

Gluten Free Sun Bar

Gluten Free Cocoa Loco Snack Bar

Gluten Free Very Berry Snack Bar

#### Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

#### Glutino

Blueberry Breakfast Bars

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

Egg Replacer

#### Purely Decadent

Coconut Milk Mint Chip

#### So Delicious

Organic Chocolate Velvet

Organic Creamy Vanilla

### Desserts

#### So Delicious

Peanut Butter Zigzag

### Entrees and Mixes

#### Arrowhead Mills

**Arrowhead Mills (Cont'd)**

Gluten Free Fudge Brownie Mix

**Cherrybrook Kitchen**

Gluten Free/Wheat Free Yellow Cake Mix  
Sugar Cookie Mix

**Ethnic Foods****Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

**Frozen Foods****Ian's Natural Foods**

Chicken Fingers, Allergen Free  
French Toast Sticks, Wheat Free Gluten Free  
Chicken Nuggets, Allergen Free  
Popcorn Turkey Corn Dogs  
Fish Sticks, Allergen Free

**Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

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

**Van's International Foods**

Gluten Free Homestyle Pancakes

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

Kid'S One Multistars 30  
Men'S One Multivitamin 90  
Counter Attack 30  
Vitamin D 1,000 Iu Gummies 50  
Counter Attack 90  
Women'S One Multivitamin 150  
Prenatal One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Just Once Iron-Free Multivitamin 120  
Prenatal Petite Multivitamin 180  
Multi-Vitamin Mens  
Active Senior Multivitamin 90  
Women'S One Multivitamin 30  
Men'S One Multivitamin 150  
Nutristart Multivitamin Powder 30  
Food Based Calcium  
Women'S One Multivitamin 90  
Kid'S One Multistars 90

**Vibrant Health**

Joint Vibrance Powder

**Nuts/Seeds/Dried Fruits****Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

**Sauces/Salsas/Dips****Organicville****Organicville (Cont'd)**

Organic Island Teriyaki  
Organic Sesame Teriyaki

**Baking Needs****Arrowhead Mills**

Gluten Free Fudge Brownie Mix

**Cherrybrook Kitchen**

Gluten Free/Wheat Free Yellow Cake Mix  
Sugar Cookie Mix

**Ener-G Foods**

Egg Replacer

**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 Dairy-Free Rice Milk w/ Crispy Rice  
Chocolate Bar

**Cereal****Arrowhead Mills**

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

**Chips/Pretzels/Snacks****Glutino**

Pretzel Twists

**Condiments****Organicville**

Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, French  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

**Cookies and Snack Bars****Enjoy Life**

Gluten Free Very Berry Snack Bar  
Gluten Free Sun Bar  
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

**Glutino**

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

Blueberry Breakfast Bars

## **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Chocolate Velvet

Organic Creamy Vanilla

## **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

Sugar Cookie Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

## **Frozen Foods**

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

French Toast Sticks, Wheat Free Gluten Free

Chicken Nuggets, Allergen Free

Chicken Fingers, Allergen Free

Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Peanut Butter Zigzag

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Organic Chocolate Velvet

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

Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Counter Attack 90

Women'S One Multivitamin 30

Active Senior Multivitamin 90

Multi-Vitamin Mens

Counter Attack 30

Kid'S One Multistars 30

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

Food Based Calcium

Prenatal Petite Multivitamin 180

Men'S One Multivitamin 150

Women'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Kid'S One Multistars 90

Just Once Iron-Free Multivitamin 120

Prenatal One Multivitamin 150

Nutristart Multivitamin Powder 30

### **Vibrant Health**

Joint Vibrance Powder

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Sugar Cookie Mix

### **Ener-G Foods**

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 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

Organic Maple Buckwheat Flakes

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Sun Bar

Gluten Free Cocoa Loco Snack Bar

Gluten Free Very Berry Snack Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

### **Glutino**

**Glutino (Cont'd)**

Blueberry Breakfast Bars

**So Delicious**

Coconut Milk Cookie Dough

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

Egg Replacer

**Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Organic Chocolate Velvet

Organic Creamy Vanilla

**Desserts****So Delicious**

Peanut Butter Zigzag

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Peanut Butter Zigzag

Coconut Milk Cookie Dough

Organic Chocolate Velvet

**Van's International Foods**

Gluten Free Homestyle Pancakes

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

Multi-Vitamin Mens

**Nuts/Seeds/Dried Fruits****Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash