

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cranston Store, North Atlantic 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.

Baked Goods

Ener-G Foods

- Brown Rice Loaf
- Light Brown Rice Loaf
- Hi-Fiber Loaf
- White Rice Loaf
- Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

- Vanilla Frosting Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Chocolate Frosting Mix
- Sugar Cookie Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Wheat Free/Gluten Free Brownie Mix

Ener-G Foods

- Tapioca Flour
- White Rice Loaf Yeast Free
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- White Rice Loaf
- Light Brown Rice Loaf
- Hi-Fiber Loaf
- Brown Rice Loaf
- White Rice Loaf Yeast Free
- Tapioca Loaf

Breakfast Foods

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

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 Gingerbread Spice Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Enjoy Life Foods (Cont'd)

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

Chocolate Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Wheat Free/Gluten Free Brownie Mix

Vanilla Frosting Mix

Chocolate Wheat Free/Gluten Free 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

Chicken Nuggets, Allergen Free

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Vitamin C

Rainbow Light

Super C 1000 60

Active Senior Multivitamin 30

Active Senior Multivitamin 90

Complete B-Complex 90

Men'S One Multivitamin 90

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Women'S One Multivitamin 30

Gummy Omegalicious 30

Kid'S One Multistars 30

Active Health Teen Multivitamin 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Counter Attack 90

Prenatal One Multivitamin 30

Multi-Vitamin Mens

Women'S One Multivitamin 90

Organic Womens Multi Vitamin

Vitamin D 400 Iu Gummies 60

Just Once Iron-Free Multivitamin 120

Pain - Eze 30

Food Based Calcium

Prenatal Multi Vitamin

Just Once Multivitamin 120

Men'S One Multivitamin 150

Women'S One Multivitamin 150

Everyday Calcium With Enzymes 120

Just Once Multivitamin 60

Nutristart Multivitamin Powder 30

Kid'S One Multistars 90

Calcium Citrate Mini Tabs 120

Prenatal One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Hi-Fiber Loaf

Brown Rice Loaf

White Rice Loaf

Tapioca Loaf

Light Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

Vanilla Frosting Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Cherrybrook Kitchen (Cont'd)

Chocolate Frosting Mix
Sugar Cookie Mix
Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Tapioca Flour
White Rice Loaf Yeast Free
Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Light Brown Rice Loaf
Hi-Fiber Loaf
Brown Rice Loaf
Tapioca Loaf
White Rice Loaf
White Rice Loaf Yeast Free

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

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
Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, French
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Tangy BBQ Sauce
Organic Dressing, Miso Ginger Vinaigrette
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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Gingerbread Spice Cookies
Soft Baked Double Chocolate Brownie Cookies

Enjoy Life Foods (Cont'd)

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

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
Chocolate Frosting Mix
Vanilla Frosting Mix
Sugar Cookie Mix
Wheat Free/Gluten Free Brownie Mix
Chocolate Wheat Free/Gluten Free Cake Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Vitamin C
Max Potency Multivitamin

Rainbow Light

Counter Attack 90
Vitamin D 400 Iu Gummies 60
Food Based Calcium
Just Once Multivitamin 60
Just Once Multivitamin 120

Rainbow Light (Cont'd)

Food Based Calcium
Women'S One Multivitamin 30
Kid'S One Multistars 30
Complete B-Complex 90
Men'S One Multivitamin 30
Calcium Citrate Mini Tabs 120
Vitamin D 1,000 Iu Gummies 100
Multi-Vitamin Mens
Pain - Eze 30
Active Senior Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 90
Men'S One Multivitamin 90
Active Senior Multivitamin 30
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 90
Men'S One Multivitamin 150
Prenatal Multi Vitamin
Kid'S One Multistars 90
Organic Womens Multi Vitamin
Just Once Iron-Free Multivitamin 120
Everyday Calcium With Enzymes 120
Women'S One Multivitamin 150
Super C 1000 60
Gummy Omegalicious 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Light Brown Rice Loaf
Tapioca Loaf
White Rice Loaf
Brown Rice Loaf
Hi-Fiber Loaf

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Tapioca Flour
Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Light Brown Rice Loaf
Tapioca Loaf
White Rice Loaf
Brown Rice Loaf
Hi-Fiber Loaf

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

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

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies
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

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements**Rainbow Light**

Organic Womens Multi Vitamin
Prenatal Multi Vitamin
Multi-Vitamin Mens

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce