

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Charles River Plaza 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

- Hi-Fiber Loaf
- Tapioca Loaf
- Brown Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ener-G Foods

- Egg Replacer
- White Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

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

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes
- Organic Yellow Corn Grits

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

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 Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

So Delicious

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

Nutritional Supplements

Rainbow Light

Multi-Vitamin Mens
Kid'S One Multistars 30
Prenatal One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 30
Food Based Calcium
Magnesium Calcium "+" 90
Just Once Iron-Free Multivitamin 120
Vitamin D 1,000 Iu Gummies 50
Men'S One Multivitamin 90
Calcium Citrate Mini Tabs 120
Food Based Calcium
Pain - Eze 30
Active Senior Multivitamin 90
Gummy Omegalicious 30
Women'S One Multivitamin 150
Just Once Multivitamin 60
Women'S One Multivitamin 90
Chewable Calcium Citrate Multi-Mins 45

Rainbow Light (Cont'd)

Prenatal Petite Multivitamin 180
Active Health Teen Multivitamin 90
Kid'S One Multistars 90
Complete Iron System 60
Vitamin D 400 Iu Gummies 60
Organic Womens Multi Vitamin
Men'S One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame 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
Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ener-G Foods

White Rice Loaf Yeast Free
Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

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

Cereal

Arrowhead Mills

Organic Yellow Corn Grits
Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

So Delicious

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

Nutritional Supplements

Rainbow Light

Women'S One Multivitamin 90
Complete Iron System 60
Pain - Eze 30
Vitamin D 1,000 Iu Gummies 100
Chewable Calcium Citrate Multi-Mins 45
Prenatal One Multivitamin 90
Active Health Teen Multivitamin 90
Women'S One Multivitamin 30
Prenatal Petite Multivitamin 180
Gummy Omegalicious 30
Just Once Multivitamin 60
Women'S One Multivitamin 150
Food Based Calcium
Organic Womens Multi Vitamin
Calcium Citrate Mini Tabs 120
Magnesium Calcium "+" 90
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 90
Men'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Food Based Calcium
Multi-Vitamin Mens
Kid'S One Multistars 90
Kid'S One Multistars 30
Active Senior Multivitamin 90
Just Once Iron-Free Multivitamin 120

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Hi-Fiber Loaf

Ener-G Foods (Cont'd)

Tapioca Loaf
Brown Rice Loaf

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

Tapioca Loaf
Brown Rice Loaf
Hi-Fiber Loaf

Candy and Chocolate**Enjoy Life**

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

Cereal**Arrowhead Mills**

Organic Yellow Corn Grits
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 Snickerdoodle Cookies Classic Sprinkled
Cinnamon
Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis
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

Sugar Cookie Mix

Frozen Foods**So Delicious**

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

Nutritional Supplements**Rainbow Light**

Multi-Vitamin Mens
Organic Womens Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce