

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Darien 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

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie 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 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 Yellow Corn Grits

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organicville (Cont'd)

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Ian's Natural Foods (Cont'd)

Fish Sticks, Allergen Free
Chicken Nuggets, Allergen Free

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Nature's Way Alive!**

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

Pioneer Nutrition

Vitamin C Complex- 1000mg- 60 tab

Rainbow Light

Men'S One Multivitamin 150
Kid'S One Multistars 30
Food Based Calcium
Magnesium Calcium "+" 180
Gummy Omegalicious 30
Candida Cleanse 60
Just Once Multivitamin 30
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 150
Just Once Multivitamin 120
Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Super C 1000 60
Vitamin D 400 Iu Gummies 60
Kid'S One Multistars 90
Prenatal Petite Multivitamin 180
Gummy Power Sours 30
Vitamin D 1,000 Iu Gummies 50
Counter Attack 30
Active Senior Multivitamin 90
Men'S One Multivitamin 30
Multi-Vitamin Mens
Just Once Iron-Free Multivitamin 120
Counter Attack 90
Men'S One Multivitamin 90
Calcium Citrate Mini Tabs 120
Food Based Calcium
Magnesium Calcium "+" 90
Just Once Multivitamin 60
Nail, Hair & Skin Connection 60
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Women'S One Multivitamin 150

Rainbow Light (Cont'd)

Prenatal Petite Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix
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 Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

Original BBQ Sauce

Organicville

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

Cookies and Snack Bars**Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Enjoy Life Foods (Cont'd)

Soft Baked Double Chocolate Brownie Cookies
Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet
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
Chocolate Chip Wheat Free/Gluten Free Cookie 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
Fish Sticks, Allergen Free

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

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

Pioneer Nutrition

Vitamin C Complex- 1000mg- 60 tab

Rainbow Light

Active Health Teen Multivitamin 90
Prenatal Petite Multivitamin 90
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 90
Gummy Power Sours 30
Counter Attack 30
Prenatal One Multivitamin 30
Candida Cleanse 60
Kid'S One Multistars 30

Rainbow Light (Cont'd)

Magnesium Calcium "+" 90
Counter Attack 90
Food Based Calcium
Super C 1000 60
Women'S One Multivitamin 150
Food Based Calcium
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Men'S One Multivitamin 150
Multi-Vitamin Mens
Kid'S One Multistars 90
Women'S One Multivitamin 90
Nutristart Multivitamin Powder 30
Just Once Multivitamin 30
Magnesium Calcium "+" 180
Active Senior Multivitamin 90
Calcium Citrate Mini Tabs 120
Just Once Multivitamin 120
Just Once Iron-Free Multivitamin 120
Vitamin D 1,000 Iu Gummies 50
Nail, Hair & Skin Connection 60
Just Once Multivitamin 60
Gummy Omegalicious 30
Prenatal Petite Multivitamin 180
Prenatal One Multivitamin 90
Men'S One Multivitamin 30

Vibrant Health

Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

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

Arrowhead Mills (Cont'd)

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

Condiments**OrganicVille**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies
Soft Baked Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**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**So Delicious**

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Rainbow Light**

Multi-Vitamin Mens

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce