

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Dedham 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

- Tapioca Loaf
- Brown Rice Loaf
- Light Brown Rice Loaf
- White Rice Loaf

Baking Needs

Cherrybrook Kitchen

- Sugar Cookie Mix
- Chocolate Frosting Mix
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Wheat Free/Gluten Free Brownie Mix
- Vanilla Frosting 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
- White Rice Loaf Yeast Free
- Light Brown Rice Loaf
- Brown Rice 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 Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes
- Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Ketchup
- Organic Dressing, French
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- 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
- Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

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

So Delicious

So Delicious (Cont'd)

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Vanilla Frosting Mix

Chocolate Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

French Toast Sticks, Wheat Free Gluten Free

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Nutritional Supplements

Rainbow Light

Prenatal Petite Multivitamin 90

Women'S One Multivitamin 30

Nail, Hair & Skin Connection 60

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Everyday Calcium With Enzymes 240

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Rainbow Light (Cont'd)

Everyday Calcium With Enzymes 120

Food Based Calcium

Prenatal One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 30

Prenatal One Multivitamin 30

Calcium Citrate Mini Tabs 120

Pain - Eze 30

Active Senior Multivitamin 30

Active Senior Multivitamin 90

Magnesium Calcium "+" 180

Prenatal Multi Vitamin

Vitamin D 400 Iu Gummies 60

Complete Iron System 60

Just Once Iron-Free Multivitamin 120

Gummy Omegalicious 30

Prenatal Petite Multivitamin 180

Kid'S One Multistars 90

Men'S One Multivitamin 90

Food Based Calcium

Women'S One Multivitamin 90

Active Health Teen Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Light Brown Rice Loaf

Brown Rice Loaf

White Rice Loaf

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Vanilla Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Frosting Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

White Rice Loaf Yeast Free

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Light Brown Rice Loaf

Tapioca Loaf

White Rice 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 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 Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Ketchup

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

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

Purely Decadent

Purely Decadent (Cont'd)

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Chocolate Velvet

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Vanilla Frosting Mix

Chocolate Frosting Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

French Toast Sticks, Wheat Free Gluten Free

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Organic Chocolate Velvet

Nutritional Supplements

Rainbow Light

Nutristart Multivitamin Powder 30

Prenatal Multi Vitamin

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 150

Women'S One Multivitamin 30

Prenatal One Multivitamin 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Calcium Citrate Mini Tabs 120

Everyday Calcium With Enzymes 240

Nail, Hair & Skin Connection 60

Rainbow Light (Cont'd)

Complete Iron System 60
Prenatal One Multivitamin 30
Kid'S One Multistars 90
Men'S One Multivitamin 90
Active Senior Multivitamin 30
Kid'S One Multistars 30
Vitamin D 400 Iu Gummies 60
Just Once Iron-Free Multivitamin 120
Active Senior Multivitamin 90
Active Health Teen Multivitamin 90
Gummy Omegalicious 30
Prenatal Petite Multivitamin 180
Magnesium Calcium "+" 180
Women'S One Multivitamin 90
Food Based Calcium
Food Based Calcium
Pain - Eze 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Light Brown Rice Loaf
Tapioca Loaf
Brown Rice Loaf
White Rice Loaf

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

White Rice Loaf
Tapioca Loaf
Light Brown Rice Loaf
Brown Rice Loaf

Candy and Chocolate

Enjoy Life

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

Enjoy Life (Cont'd)

Boom Choco Boom Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal
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 Caramel Apple Snack Bar
Gluten Free Cocoa Loco Snack Bar

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

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

Nutritional Supplements

Rainbow Light

Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce