

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Durham 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

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

### Ener-G Foods

Egg Replacer

Tapioca Flour

### Enjoy Life Foods

Mini Chips

### Hain

Baking Powder

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## Cereal

### Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

## Condiments

### Organicville

Organic Ketchup

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic 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 Sun Bar

Gluten Free Cocoa Loco Snack Bar

### Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice 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

### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Cherrybrook Kitchen

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Wheat Free/Gluten Free Cake Mix

## Ethnic Foods

### Organicville

**Organicville (Cont'd)**

Organic Island Teriyaki  
Organic Sesame Teriyaki

**Frozen Foods****So Delicious**

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

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

Vitamin D 1,000 Iu Gummies 50  
Chewable Calcium Citrate Multi-Mins 45  
Active Senior Multivitamin 90  
Prenatal Petite Multivitamin 180  
Men'S One Multivitamin 150  
Women'S One Multivitamin 90  
Kid'S One Multistars 90  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 30  
Pain - Eze 30  
Prenatal One Multivitamin 30  
Food Based Calcium  
Prenatal Petite Multivitamin 90  
Women'S One Multivitamin 150  
Men'S One Multivitamin 90  
Active Health Teen Multivitamin 90  
Prenatal One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium  
Men'S One Multivitamin 30

**Vibrant Health**

Joint Vibrance Powder

**Sauces/Salsas/Dips****Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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

Gluten Free Fudge Brownie Mix

**Cherrybrook Kitchen**

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

**Ener-G Foods**

Tapioca Flour  
Egg Replacer

**Enjoy Life Foods****Enjoy Life Foods (Cont'd)**

Mini Chips

**Hain**

Baking Powder

**Candy and Chocolate****Enjoy Life**

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

**Cereal****Arrowhead Mills**

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

**Condiments****Organicville**

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Ketchup  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, French  
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  
Gluten Free Sun Bar

**Enjoy Life Foods**

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

**Glutino**

Blueberry Breakfast Bars

**So Delicious**

Coconut Milk Cookie Dough

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

Egg Replacer

**So Delicious**

Coconut Almond Minis  
Organic Creamy Vanilla  
Chocolate Covered Vanilla Coconut Minis

**Entrees and Mixes****Arrowhead Mills**

Gluten Free Fudge Brownie Mix

**Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

- Organic Sesame Teriyaki
- Organic Island Teriyaki

## **Frozen Foods**

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

- Active Health Teen Multivitamin 90
- Active Senior Multivitamin 90
- Women'S One Multivitamin 90
- Vitamin D 1,000 Iu Gummies 100
- Prenatal One Multivitamin 30
- Kid'S One Multistars 90
- Prenatal Petite Multivitamin 90
- Pain - Eze 30
- Chewable Calcium Citrate Multi-Mins 45
- Men'S One Multivitamin 30
- Men'S One Multivitamin 150
- Prenatal One Multivitamin 150
- Food Based Calcium
- Food Based Calcium
- Women'S One Multivitamin 150
- Men'S One Multivitamin 90
- Women'S One Multivitamin 30
- Prenatal One Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Vitamin D 1,000 Iu Gummies 50
- Prenatal Petite Multivitamin 180

### **Vibrant Health**

- Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

- Organic Sesame Teriyaki
- Organic Island Teriyaki

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

- Sugar Cookie Mix

### **Ener-G Foods**

- Tapioca Flour
- Egg Replacer

### **Enjoy Life Foods**

- Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

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

## **Condiments**

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

- 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
- Soft Baked Gingerbread Spice Cookies

### **Glutino**

- Blueberry Breakfast Bars

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **So Delicious**

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis
- Organic Creamy Vanilla

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

- Sugar Cookie Mix

## **Frozen Foods**

### **So Delicious**

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

## **Sauces/Salsas/Dips**

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce