

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Edgewater 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

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

### Ener-G Foods

Egg Replacer

### 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 Dairy-Free Rice Milk Chocolate Bar

## Cereal

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

## Condiments

### Organicville

Original BBQ Sauce

### Organicville

Organic Tangy BBQ Sauce

### Organicville (Cont'd)

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger 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

### Ener-G Foods

Egg Replacer

### Purely Decadent

Coconut Milk Mint Chip

### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

## 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**

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

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

### **Van's International Foods**

Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

### **Maranatha**

Tahini Roasted

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive w/o Fe added Cap  
Max Potency Multivitamin w/o Fe

### **Pioneer Nutrition**

Chewable Calcium Magnesium 90ct

### **Rainbow Light**

Men'S One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Calcium Citrate Mini Tabs 120  
Women'S One Multivitamin 90  
Men'S One Multivitamin 30  
Gummy Omegalicious 30  
Vitamin D 1,000 Iu Gummies 50  
Just Once Multivitamin 60  
Nutristart Multivitamin Powder 30  
Women'S One Multivitamin 150  
Prenatal Petite Multivitamin 90  
Men'S One Multivitamin 150  
Nail, Hair & Skin Connection 60  
Prenatal Petite Multivitamin 180  
Active Senior Multivitamin 30  
Mintasure 75  
Prenatal Multi Vitamin  
Vitamin D 400 Iu Gummies 60  
Organic Womens Multi Vitamin  
Magnesium Calcium "+" 90  
Kid'S One Multistars 30  
Gummy Bear Essentials 30  
Food Based Calcium  
Women'S One Multivitamin 30  
Active Health Teen Multivitamin 30  
Super C 1000 60

### **Rainbow Light (Cont'd)**

Pain - Eze 30  
Active Senior Multivitamin 90  
Counter Attack 30  
Prenatal One Multivitamin 30  
Prenatal One Multivitamin 150  
Just Once Multivitamin 30  
Kid'S One Multistars 90  
Magnesium Calcium "+" 180  
Gummy Power Sours 30  
Prenatal One Multivitamin 90

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce  
Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Baking Needs**

### **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

### **Ener-G Foods**

Egg Replacer

### **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 Dairy-Free Rice Milk Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

## **Organicville (Cont'd)**

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

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- 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 Creamy Vanilla
- Organic Chocolate Velvet
- Chocolate Covered Vanilla Coconut Minis
- 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

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

### **Van's International Foods**

- Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

## **Maranatha**

- Tahini Roasted

## **Nutritional Supplements**

### **Nature's Way Alive!**

- Max Potency Multivitamin w/o Fe
- Alive w/o Fe added Cap

### **Pioneer Nutrition**

- Chewable Calcium Magnesium 90ct

### **Rainbow Light**

- Gummy Power Sours 30
- Vitamin D 1,000 Iu Gummies 100
- Organic Womens Multi Vitamin
- Magnesium Calcium "+" 180
- Pain - Eze 30
- Active Health Teen Multivitamin 90
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 150
- Just Once Multivitamin 30
- Kid'S One Multistars 90
- Calcium Citrate Mini Tabs 120
- Active Senior Multivitamin 90
- Prenatal Petite Multivitamin 180
- Men'S One Multivitamin 30
- Kid'S One Multistars 30
- Women'S One Multivitamin 90
- Counter Attack 30
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- Vitamin D 1,000 Iu Gummies 50
- Men'S One Multivitamin 90
- Women'S One Multivitamin 150
- Just Once Multivitamin 60
- Prenatal Multi Vitamin
- Food Based Calcium
- Super C 1000 60
- Nail, Hair & Skin Connection 60
- Gummy Bear Essentials 30
- Nutristart Multivitamin Powder 30
- Mintasure 75
- Magnesium Calcium "+" 90
- Men'S One Multivitamin 150
- Gummy Omegalicious 30
- Women'S One Multivitamin 30
- Vitamin D 400 Iu Gummies 60
- Prenatal Petite Multivitamin 90
- Prenatal One Multivitamin 90

### **Vibrant Health**

- Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

**Organicville (Cont'd)**

Organic Tangy BBQ Sauce

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

Gluten Free Fudge Brownie Mix

**Ener-G Foods**

Egg Replacer

**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 Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

**Cereal****Arrowhead Mills**

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

**Condiments****OrganicVille**

Original BBQ Sauce

**Cookies and Snack Bars****Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

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

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**Frozen Foods****Purely Decadent**

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Coconut Milk Cookie Dough

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**So Delicious (Cont'd)**

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

**Van's International Foods**

Gluten Free Homestyle Pancakes

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

Organic Womens Multi Vitamin

Prenatal Multi Vitamin

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce