

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fairfield 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

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake 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 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

Organic Yellow Corn Grits

Condiments

Organicville

Original BBQ Sauce

Organicville

Organicville (Cont'd)

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Cookies and Snack Bars

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

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

Entrees and Mixes

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Organic Chocolate Velvet
Coconut Milk Cookie Dough
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 Cap
Vitamin C

Pioneer Nutrition

Vitamin C Complex- 1000mg- 60 tab

Pioneer Nutrition

Vegetarian Cal Mag- 90 Cap
Glucosamine Chondroitin Complex- 120 tab

Rainbow Light

Men'S One Multivitamin 150
Everyday Calcium With Enzymes 120
Multi-Vitamin Mens
Organic Womens Multi Vitamin
Kid'S One Multistars 30
Nutristart Multivitamin Powder 30
Prenatal Petite Multivitamin 90
Counter Attack 30
Vitamin D 1,000 Iu Gummies 50
Gummy Vitamin C Slices 30
Calcium Citrate Mini Tabs 120
Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Super C 1000 60
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Active Senior Multivitamin 90
Kid'S One Multistars 90
Food Based Calcium
Just Once Iron-Free Multivitamin 120
Rejuvenage 40+ Multi 120
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Food Based Calcium

Rainbow Light (Cont'd)

Gummy Omegalicious 30
Nail, Hair & Skin Connection 60
Women'S Nutritional System 180
Prenatal One Multivitamin 30
Prenatal One Multivitamin 90
Active Health Teen Multivitamin 90
Men'S One Multivitamin 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

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Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

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French Toast Sticks, Wheat Free Gluten Free

Van's International Foods

Gluten Free Homestyle Pancakes

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

Cereal

Arrowhead Mills

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, French

Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Miso Ginger Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie 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

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Coconut Almond Minis
Organic Chocolate Velvet

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Original BBQ Sauce

Organicville

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