

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fresh Pond 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
- Light Brown Rice Loaf
- White Rice Loaf
- Brown Rice Loaf
- Hi-Fiber Loaf

Baking Needs

Cherrybrook Kitchen

- Vanilla Frosting Mix
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Sugar Cookie Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Wheat Free/Gluten Free Brownie Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Chocolate Frosting Mix
- Chocolate Wheat Free/Gluten Free Cake Mix

Ener-G Foods

- White Rice Loaf Yeast Free
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- White Rice Loaf
- Tapioca Loaf
- Hi-Fiber Loaf
- Light Brown 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 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 Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes
- Organic Yellow Corn Grits

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- 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

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Vanilla Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake 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

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Nutritional Supplements

Pioneer Nutrition

Chewable Calcium Magnesium 90ct

Pioneer Nutrition

Veg Cal Mag- 180 tab

B Complex- 60 tab

Calcium Magnesium- 120 tab

Rainbow Light

Women'S Nutritional System 180

Vitamin D 400 Iu Gummies 60

Everyday Calcium With Enzymes 120

Food Based Calcium

Vitamin D 1,000 Iu Gummies 50

Counter Attack 90

Prenatal One Multivitamin 90

Just Once Multivitamin 120

Magnesium Calcium "+" 90

Men'S One Multivitamin 150

Gummy Omegalicious 30

Prenatal One Multivitamin 150

Just Once Iron-Free Multivitamin 120

Men'S One Multivitamin 30

Prenatal Petite Multivitamin 180

Rainbow Light (Cont'd)

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Chewable Calcium Citrate Multi-Mins 45

Counter Attack 30

Gummy Power Sours 30

Everyday Calcium With Enzymes 240

Kid'S One Multistars 90

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Women'S One Multivitamin 90

Kid'S One Multistars 30

Nail, Hair & Skin Connection 60

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

Magnesium Calcium "+" 180

Pain - Eze 30

Women'S One Multivitamin 30

Active Senior Multivitamin 90

Nutristart Multivitamin Powder 30

Performance Energy Multivitamin 90

Active Senior Multivitamin 30

Calcium Citrate Mini Tabs 120

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Pineapple Salsa

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Hi-Fiber Loaf

Brown Rice Loaf

Tapioca Loaf

White Rice Loaf

Light Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Vanilla Frosting Mix

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Frosting Mix

Ener-G Foods

Egg Replacer
White Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Loaf
White Rice Loaf
White Rice Loaf Yeast Free
Brown Rice Loaf
Light Brown Rice Loaf
Hi-Fiber 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 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
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Dressing, French
Organic Dressing, Non Dairy Ranch
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

Enjoy Life Foods

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

Dairy Alternatives

Ener-G Foods

Ener-G Foods (Cont'd)

Egg Replacer

So Delicious

Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix
Gluten Free/Wheat Free Yellow Cake Mix
Chocolate Frosting Mix
Wheat Free/Gluten Free Brownie Mix
Vanilla Frosting Mix
Pancake and Baking Wheat Free/Gluten Free Mix
Chocolate Wheat Free/Gluten Free 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

So Delicious

Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Pioneer Nutrition

Chewable Calcium Magnesium 90ct

Pioneer Nutrition

Calcium Magnesium- 120 tab
B Complex- 60 tab
Veg Cal Mag- 180 tab

Rainbow Light

Chewable Calcium Citrate Multi-Mins 45
Gummy Power Sours 30
Vitamin D 400 Iu Gummies 60
Just Once Multivitamin 120
Women'S Nutritional System 180
Women'S One Multivitamin 30
Counter Attack 90
Women'S One Multivitamin 150
Prenatal Petite Multivitamin 180
Nutristart Multivitamin Powder 30
Kid'S One Multistars 30
Counter Attack 30
Women'S One Multivitamin 90
Food Based Calcium
Active Senior Multivitamin 90
Men'S One Multivitamin 30
Men'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100

Rainbow Light (Cont'd)

Magnesium Calcium "+" 180
Everyday Calcium With Enzymes 240
Gummy Omegalicious 30
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Kid'S One Multistars 90
Calcium Citrate Mini Tabs 120
Food Based Calcium
Active Senior Multivitamin 30
Magnesium Calcium "+" 90
Men'S One Multivitamin 150
Active Health Teen Multivitamin 90
Pain - Eze 30
Prenatal One Multivitamin 90
Everyday Calcium With Enzymes 120
Performance Energy Multivitamin 90
Just Once Iron-Free Multivitamin 120
Nail, Hair & Skin Connection 60

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Pineapple Salsa
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Light Brown Rice Loaf
White Rice Loaf
Hi-Fiber Loaf
Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Light Brown Rice Loaf
Tapioca Loaf
White Rice Loaf
Hi-Fiber Loaf

Ener-G Foods (Cont'd)

Brown Rice Loaf

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
Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal
Organic Yellow Corn Grits
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 Cocoa Loco Snack Bar

Enjoy Life Foods

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

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix

Frozen Foods

So Delicious

Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce