

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Framingham 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

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

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

- Egg Replacer
- Tapioca Flour
- White Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- White Rice Loaf Yeast Free
- Light Brown Rice Loaf
- White 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 w/ Crispy Rice 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 Tangy BBQ Sauce
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- 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
- Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

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

Dairy Alternatives

Ener-G Foods

Ener-G Foods (Cont'd)

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

Chocolate Frosting Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Wheat Free/Gluten Free Brownie Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free 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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Nutritional Supplements

Rainbow Light

Vitamin D 400 Iu Gummies 60

Everyday Calcium With Enzymes 120

Vitamin D 1,000 Iu Gummies 100

Calcium Citrate Mini Tabs 120

Men'S One Multivitamin 30

Kid'S One Multistars 30

Women'S One Multivitamin 150

Kid'S One Multistars 90

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Chewable Calcium Citrate Multi-Mins 45

Prenatal One Multivitamin 90

Complete Iron System 60

Food Based Calcium

Active Senior Multivitamin 30

Magnesium Calcium "+" 180

Rainbow Light (Cont'd)

Counter Attack 90

Women'S Nutritional System 180

Active Senior Multivitamin 90

Women'S One Multivitamin 90

Prenatal One Multivitamin 150

Active Health Teen Multivitamin 90

Everyday Calcium With Enzymes 240

Men'S One Multivitamin 90

Pain - Eze 30

Prenatal Petite Multivitamin 90

Super C 1000 120

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

White Rice Loaf

Tapioca Loaf

Light Brown Rice Loaf

Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Ener-G Foods

White Rice Loaf Yeast Free

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Loaf

Light Brown Rice Loaf

Brown Rice Loaf

White Rice Loaf

White Rice Loaf Yeast Free

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 Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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 Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Frosting Mix

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Cherrybrook Kitchen (Cont'd)

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Wheat Free/Gluten Free Brownie 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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Organic Chocolate Velvet

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 90

Everyday Calcium With Enzymes 120

Vitamin D 400 Iu Gummies 60

Complete Iron System 60

Prenatal One Multivitamin 150

Chewable Calcium Citrate Multi-Mins 45

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Magnesium Calcium "+" 180

Active Health Teen Multivitamin 90

Kid'S One Multistars 30

Food Based Calcium

Women'S Nutritional System 180

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Men'S One Multivitamin 150

Counter Attack 90

Active Senior Multivitamin 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Everyday Calcium With Enzymes 240

Women'S One Multivitamin 150

Prenatal Petite Multivitamin 90

Super C 1000 120

Pain - Eze 30

Active Senior Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki
Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods**Ener-G Foods**

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

Baking Needs**Cherrybrook Kitchen**

Sugar Cookie Mix

Ener-G Foods

Tapioca Flour
Egg Replacer

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

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

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
Boom Choco Boom Dark 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 Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Double Chocolate Brownie Cookies

Dairy Alternatives**Ener-G Foods****Ener-G Foods (Cont'd)**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Organic Chocolate Velvet

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Cherrybrook Kitchen**

Sugar Cookie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Organic Chocolate Velvet
Peanut Butter Zigzag

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce