

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Glastonbury 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

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

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

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

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

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

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

Cereal

Arrowhead Mills

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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting 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

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Organic Chocolate Velvet

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Prenatal Petite Multivitamin 180

Nutristart Multivitamin Powder 30

Kid'S One Multistars 30

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Rainbow Light (Cont'd)

Food Based Calcium

Prenatal One Multivitamin 90

Energy B-Complex 45

Men'S One Multivitamin 150

Everyday Calcium With Enzymes 240

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Vitamin D 400 Iu Gummies 60

Calcium Citrate Mini Tabs 120

Food Based Calcium

Active Senior Multivitamin 90

Chewable Calcium Citrate Multi-Mins 45

Nail, Hair & Skin Connection 60

Prenatal Petite Multivitamin 90

Pain - Eze 30

Gummy Power Sours 30

Kid'S One Multistars 90

Women'S One Multivitamin 150

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 90

Counter Attack 30

Counter Attack 90

Active Senior Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

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

White Rice Loaf

Brown Rice Loaf

Tapioca Loaf

Light Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

Chocolate Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Vanilla Frosting Mix

Sugar Cookie Mix

Ener-G Foods

White Rice Loaf Yeast Free
Egg Replacer
Tapioca Flour

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

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

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 Chocolate Bar
Boom Choco Boom Dark 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

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, French
Organic Dressing, Non Dairy Ranch
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, Miso Ginger 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 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
Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet
Coconut Milk Cookie Dough
Peanut Butter Zigzag
Organic Creamy Vanilla

Nutritional Supplements

Rainbow Light

Counter Attack 90
Counter Attack 30
Chewable Calcium Citrate Multi-Mins 45
Prenatal One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Vitamin D 1,000 Iu Gummies 100
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 30
Prenatal Petite Multivitamin 180
Calcium Citrate Mini Tabs 120
Gummy Power Sours 30

Rainbow Light (Cont'd)

Kid'S One Multistars 30
Prenatal One Multivitamin 90
Nail, Hair & Skin Connection 60
Active Health Teen Multivitamin 90
Women'S One Multivitamin 150
Men'S One Multivitamin 90
Nutristart Multivitamin Powder 30
Everyday Calcium With Enzymes 240
Women'S One Multivitamin 90
Active Senior Multivitamin 90
Everyday Calcium With Enzymes 120
Kid'S One Multistars 90
Pain - Eze 30
Food Based Calcium
Food Based Calcium
Prenatal Petite Multivitamin 90
Active Senior Multivitamin 30
Men'S One Multivitamin 150
Men'S One Multivitamin 30
Energy B-Complex 45

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
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
White Rice Loaf
Brown Rice Loaf
Light Brown Rice Loaf
Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Tapioca Flour
Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Light Brown Rice Loaf
Hi-Fiber Loaf
Brown Rice Loaf

Ener-G Foods (Cont'd)

White Rice Loaf
Tapioca Loaf

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

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 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

Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

So Delicious (Cont'd)

Peanut Butter Zigzag

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce