

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Greenwich 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

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake 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 Dark Chocolate Bar

### Cereal

#### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Condiments

#### Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

#### Organicville (Cont'd)

Organic Dressing, Non Dairy Ranch

Organic Ketchup

### 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

#### So Delicious

Organic Chocolate Velvet

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

### Frozen Foods

#### Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

#### So Delicious

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

## **So Delicious (Cont'd)**

Coconut Almond Minis

## **Van's International Foods**

Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

Counter Attack 30

Gummy Power Sours 30

Nail, Hair & Skin Connection 60

Everyday Calcium With Enzymes 240

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Food Based Calcium

Active Senior Multivitamin 90

Gummy Omegalicious 30

Nutristart Multivitamin Powder 30

Prenatal Petite Multivitamin 90

Organic Womens Multi Vitamin

Men'S One Multivitamin 30

Women'S One Multivitamin 150

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Men'S One Multivitamin 150

Active Health Teen Multivitamin 90

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 30

Kid'S One Multistars 30

Prenatal One Multivitamin 90

Kid'S One Multistars 90

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Tangy BBQ Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

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**

## **Enjoy Life (Cont'd)**

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 Rice & Shine Hot Cereal

## **Condiments**

### **Organicville**

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

## **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

### **So Delicious**

Organic Chocolate Velvet

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

## **Frozen Foods**

### **Ian's Natural Foods**

French Toast Sticks, Wheat Free Gluten Free

### **So Delicious**

Organic Creamy Vanilla

Organic Chocolate Velvet

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

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

Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

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

Everyday Calcium With Enzymes 240  
Active Health Teen Multivitamin 90  
Active Senior Multivitamin 90  
Men'S One Multivitamin 30  
Prenatal One Multivitamin 30  
Gummy Power Sours 30  
Prenatal One Multivitamin 150  
Organic Womens Multi Vitamin  
Counter Attack 30  
Men'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 50  
Prenatal One Multivitamin 90  
Kid'S One Multistars 30  
Kid'S One Multistars 90  
Gummy Omegalicious 30  
Food Based Calcium  
Men'S One Multivitamin 90  
Nutristart Multivitamin Powder 30  
Prenatal Petite Multivitamin 90  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Nail, Hair & Skin Connection 60  
Women'S One Multivitamin 150

## **Sauces/Salsas/Dips**

### **Organicville**

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 w/ Crispy Rice  
Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

## **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

## **So Delicious**

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

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

Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

Organic Womens Multi Vitamin