

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Hadley 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.

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

- Tapioca Flour
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

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 Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, French

Organicville (Cont'd)

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

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

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
- Chocolate Wheat Free/Gluten Free Cake Mix
- Gluten Free/Wheat Free Yellow Cake Mix

Cherrybrook Kitchen (Cont'd)

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

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Pioneer Nutrition

Chewable Calcium Magnesium 90ct
Children's Multi 120ct
Iron Free Chewable Vitamin Mineral 90ct
Chewable Vitamins / Minerals- 90 tab

Pioneer Nutrition

Calcium Magnesium, Vegetarian- 60 tab
Vegetarian Cal Mag- 90 Cap
Vitamin Mineral, Chewable- 180 Wafers
Calcium Magnesium- 60 tab
Calcium Magnesium- 120 tab

Rainbow Light

Gummy Bear Essentials 30
Active Senior Multivitamin 90
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Just Once Multivitamin 60
Men'S One Multivitamin 90
Men'S One Multivitamin 150
Kid'S One Multistars 30
Complete B-Complex 90
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Active Health Teen Multivitamin 90
Everyday Calcium With Enzymes 120
Just Once Multivitamin 120
Vitamin D 1,000 Iu Gummies 100
Calcium Citrate Mini Tabs 120
Women'S One Multivitamin 30
Active Senior Multivitamin 30
Prenatal One Multivitamin 30
Food Based Calcium
Food Based Calcium
Counter Attack 90

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 50
Everyday Calcium With Enzymes 240

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

Tapioca Flour
Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, French
Organic Dressing, Miso Ginger Vinaigrette
Organic Ketchup
Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organicville (Cont'd)

- Organic Tangy BBQ Sauce
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic 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

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki
- Organic Island Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Pioneer Nutrition

- Children's Multi 120ct
- Iron Free Chewable Vitamin Mineral 90ct
- Chewable Vitamins / Minerals- 90 tab

Pioneer Nutrition (Cont'd)

- Chewable Calcium Magnesium 90ct

Pioneer Nutrition

- Calcium Magnesium, Vegetarian- 60 tab
- Vitamin Mineral, Chewable- 180 Wafers
- Vegetarian Cal Mag- 90 Cap
- Calcium Magnesium- 60 tab
- Calcium Magnesium- 120 tab

Rainbow Light

- Active Senior Multivitamin 90
- Active Health Teen Multivitamin 90
- Everyday Calcium With Enzymes 120
- Everyday Calcium With Enzymes 240
- Vitamin D 1,000 Iu Gummies 50
- Kid'S One Multistars 30
- Kid'S One Multistars 90
- Food Based Calcium
- Food Based Calcium
- Vitamin D 400 Iu Gummies 60
- Men'S One Multivitamin 90
- Prenatal One Multivitamin 30
- Gummy Bear Essentials 30
- Active Senior Multivitamin 30
- Just Once Multivitamin 60
- Counter Attack 90
- Men'S One Multivitamin 30
- Just Once Multivitamin 120
- Men'S One Multivitamin 150
- Prenatal One Multivitamin 90
- Complete B-Complex 90
- Women'S One Multivitamin 90
- Calcium Citrate Mini Tabs 120
- Women'S One Multivitamin 30
- Vitamin D 1,000 Iu Gummies 100

Vibrant Health

- Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

- Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

Organicville

- Original BBQ Sauce

Organicville

- Organic Tangy BBQ Sauce
- Organic Island Teriyaki
- Organic Sesame Teriyaki

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Cherrybrook Kitchen

- Sugar Cookie Mix

Ener-G Foods

- Tapioca Flour

Ener-G Foods (Cont'd)

Egg Replacer

Enjoy Life Foods

Mini Chips

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

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Cookies and Snack Bars**Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie 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

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Cherrybrook Kitchen**

Sugar Cookie Mix

Frozen Foods**So Delicious**

Peanut Butter Zigzag

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

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