

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Bowery 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

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie 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 Dark Chocolate Bar

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

## Cereal

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

## Condiments

### Organicville

Original BBQ Sauce

### Organicville

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### Organicville (Cont'd)

Organic Tangy BBQ Sauce

## Cookies and Snack Bars

### 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

### So Delicious

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Almond Minis

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow 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

Fish Sticks, Allergen Free

### So Delicious

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

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

## **Van's International Foods**

- Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

### **Maranatha**

- Tahini Roasted

## **Nutritional Supplements**

### **Rainbow Light**

- Super C 1000 120
- Kid'S One Multistars 90
- Prenatal One Multivitamin 150
- Vitamin D 400 Iu Gummies 60
- Men'S One Multivitamin 90
- Women'S One Multivitamin 30
- Men'S One Multivitamin 150
- Active Health Teen Multivitamin 90
- Active Senior Multivitamin 30
- Counter Attack 30
- Food Based Calcium
- Men'S One Multivitamin 30
- Active Senior Multivitamin 90
- Prenatal One Multivitamin 90
- Women'S One Multivitamin 150
- Food Based Calcium
- Prenatal One Multivitamin 30
- Everyday Calcium With Enzymes 120

### **Vibrant Health**

- Joint Vibrance Powder
- Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

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

## **Baking Needs**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- 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

## **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

## **Condiments**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

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

## **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**

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis
- Organic Chocolate Velvet
- Organic Creamy Vanilla

## **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
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix

## **Ethnic Foods**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## **Frozen Foods**

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

## **Ian's Natural Foods (Cont'd)**

Fish Sticks, Allergen Free

## **So Delicious**

Coconut Milk Cookie Dough

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

## **Van's International Foods**

Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

### **Maranatha**

Tahini Roasted

## **Nutritional Supplements**

### **Rainbow Light**

Women'S One Multivitamin 30

Food Based Calcium

Men'S One Multivitamin 90

Men'S One Multivitamin 30

Active Health Teen Multivitamin 90

Active Senior Multivitamin 30

Prenatal One Multivitamin 30

Kid'S One Multistars 90

Women'S One Multivitamin 150

Food Based Calcium

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Counter Attack 30

Men'S One Multivitamin 150

Active Senior Multivitamin 90

Prenatal One Multivitamin 150

Super C 1000 120

Everyday Calcium With Enzymes 120

### **Vibrant Health**

Dumontiaceae Red Algae

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Organic Island Teriyaki

## **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**

## **Van's International Foods (Cont'd)**

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 Yellow Corn Grits

Organic Rice & Shine Hot Cereal

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

## **Cookies and Snack Bars**

### **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

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

## **Entrees and Mixes**

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Gluten Free Homestyle Pancakes

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce