

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Jacksonville Store, Florida 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
- Light Brown Rice Loaf
- Hi-Fiber Loaf
- Brown Rice Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

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

### 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

#### Arrowhead Mills (Cont'd)

- Organic Yellow Corn Grits

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

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

#### 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 Sun Bar

#### Enjoy Life Foods

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

#### Glutino

- Blueberry Breakfast Bars

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods



## **Ener-G Foods (Cont'd)**

Egg Replacer

## **Purely Decadent**

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

## **So Delicious**

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Coconut Almond Minis

Peanut Butter Zigzag

Organic Creamy Vanilla

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive Cap

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Alive w/o Fe added Cap

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

### **Rainbow Light**

Super C 1000 60

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Counter Attack 30

Just Once Multivitamin 30

Prenatal One Multivitamin 90

Food Based Calcium

Active Senior Multivitamin 90

Prenatal One Multivitamin 30

Kid'S One Multistars 90

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

Magnesium Calcium "+" 90

Pain - Eze 30

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Gummy Power Sours 30

Prenatal Petite Multivitamin 90

Calcium Citrate Mini Tabs 120

Just Once Multivitamin 60

Men'S One Multivitamin 30

Complete Iron System 60

Magnesium Calcium "+" 180

Kid'S One Multistars 30

Counter Attack 90

Everyday Calcium With Enzymes 120

Just Once Multivitamin 120

Vitamin D 400 Iu Gummies 60

Active Senior Multivitamin 30

Nail, Hair & Skin Connection 60

Active Health Teen Multivitamin 90

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Gummy Omegalicious 30

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Organic Island Teriyaki

### **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

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

Brown Rice Loaf Yeast Free

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**



## **Ener-G Foods (Cont'd)**

Brown Rice Loaf Yeast Free  
Light Brown Rice Loaf  
Hi-Fiber Loaf  
White Rice Loaf  
Brown Rice 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 Rice & Shine Hot Cereal  
Organic Yellow Corn Grits  
Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Sun Bar  
Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookies  
Soft Baked Chocolate Chip Cookies

### **Glutino**

Blueberry Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

### **So Delicious**

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

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### **So Delicious**

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

## **Nutritional Supplements**

### **Nature's Way Alive!**

Max Potency Multivitamin  
Max Potency Multivitamin  
Max Potency Multivitamin w/o Fe  
Alive w/o Fe added Cap  
Alive Cap  
Max Potency Multivitamin w/o Fe  
Max Potency Multivitamin w/o Fe

### **Rainbow Light**

Prenatal One Multivitamin 30  
Just Once Multivitamin 60  
Kid'S One Multistars 30  
Magnesium Calcium "+" 90  
Everyday Calcium With Enzymes 120  
Active Senior Multivitamin 30  
Complete Iron System 60  
Men'S One Multivitamin 30  
Gummy Power Sours 30  
Vitamin D 400 Iu Gummies 60  
Counter Attack 90  
Calcium Citrate Mini Tabs 120  
Prenatal One Multivitamin 150  
Super C 1000 60  
Magnesium Calcium "+" 180  
Counter Attack 30



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

Prenatal Petite Multivitamin 90  
Pain - Eze 30  
Women'S One Multivitamin 150  
Active Senior Multivitamin 90  
Active Health Teen Multivitamin 90  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Food Based Calcium  
Just Once Multivitamin 120  
Nutristart Multivitamin Powder 30  
Men'S One Multivitamin 90  
Men'S One Multivitamin 150  
Gummy Omegalicious 30  
Nail, Hair & Skin Connection 60  
Just Once Multivitamin 30  
Kid'S One Multistars 90  
Vitamin D 1,000 Iu Gummies 100

## **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**

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

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

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

## **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 Maple Buckwheat Flakes  
Organic Yellow Corn Grits  
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  
Gluten Free Sun Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Gingerbread Spice Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Chocolate Chip Cookies

### **Glutino**

Blueberry Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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



## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce