

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Jericho 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

Chocolate Chip Wheat Free/Gluten Free Cookie 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 Chocolate Bar

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

Organic Maple Buckwheat Flakes

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

#### Organicville (Cont'd)

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

### 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

#### Purely Decadent

Coconut Milk Mint Chip

#### So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

## **Ethnic Foods**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## **Frozen Foods**

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

- Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs
- Chicken Nuggets, Allergen Free
- French Toast Sticks, Wheat Free Gluten Free

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

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

- Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

### **Maranatha**

- Tahini Roasted

## **Nutritional Supplements**

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

- Max Potency Multivitamin w/o Fe
- Vitamin C
- Max Potency Multivitamin w/o Fe

### **Pioneer Nutrition**

- Vegetarian Cal Mag- 90 Cap

### **Rainbow Light**

- Active Senior Multivitamin 90
- Everyday Calcium With Enzymes 240
- Just Once Multivitamin 120
- Just Once Iron-Free Multivitamin 120
- Prenatal One Multivitamin 90
- Kid'S One Multistars 90
- Just Once Multivitamin 60
- Women'S One Multivitamin 90
- Men'S One Multivitamin 150
- Nail, Hair & Skin Connection 60
- Everyday Calcium With Enzymes 120
- Super C 1000 60
- Vitamin D 1,000 Iu Gummies 50
- Counter Attack 90
- Probioactive 1B 90
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 150
- Calcium Citrate Mini Tabs 120
- Multi-Vitamin Mens
- Just Once Multivitamin 30
- Active Senior Multivitamin 30

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

- Counter Attack 30
- Gummy Omegalicious 30
- Prenatal Multi Vitamin
- Men'S One Multivitamin 30
- Mintasure 75
- Active Health Teen Multivitamin 90
- Nutristart Multivitamin Powder 30
- Men'S One Multivitamin 90
- Prenatal Petite Multivitamin 90
- Organic Womens Multi Vitamin
- Kid'S One Multistars 30
- Women'S One Multivitamin 30
- Gummy Power Sours 30
- Women'S One Multivitamin 150
- Food Based Calcium
- Pain - Eze 30

### **Vibrant Health**

- Joint Vibrance Powder

## **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
- 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 Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

## **Arrowhead Mills (Cont'd)**

- Organic Maple Buckwheat Flakes
- 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 Dressing, Miso Ginger Vinaigrette
- Organic Dressing, French
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup

## **Cookies and Snack Bars**

### **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

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Gluten Free/Wheat Free Yellow Cake Mix

## **Ethnic Foods**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## **Frozen Foods**

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

- French Toast Sticks, Wheat Free Gluten Free
- Chicken Nuggets, Allergen Free
- Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

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

- Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

### **Maranatha**

- Tahini Roasted

## **Nutritional Supplements**

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

- Vitamin C
- Max Potency Multivitamin w/o Fe
- Max Potency Multivitamin w/o Fe

### **Pioneer Nutrition**

- Vegetarian Cal Mag- 90 Cap

### **Rainbow Light**

- Active Senior Multivitamin 90
- Gummy Omegalicious 30
- Probioactive 1B 90
- Prenatal Multi Vitamin
- Women'S One Multivitamin 90
- Men'S One Multivitamin 30
- Just Once Multivitamin 120
- Prenatal One Multivitamin 150
- Multi-Vitamin Mens
- Everyday Calcium With Enzymes 240
- Just Once Multivitamin 60
- Nail, Hair & Skin Connection 60
- Everyday Calcium With Enzymes 120
- Active Health Teen Multivitamin 90
- Women'S One Multivitamin 30
- Nutristart Multivitamin Powder 30
- Men'S One Multivitamin 90
- Counter Attack 30
- Gummy Power Sours 30
- Calcium Citrate Mini Tabs 120
- Food Based Calcium
- Super C 1000 60
- Prenatal Petite Multivitamin 90
- Prenatal One Multivitamin 30
- Active Senior Multivitamin 30
- Just Once Multivitamin 30
- Prenatal One Multivitamin 90
- Kid'S One Multistars 30
- Men'S One Multivitamin 150
- Organic Womens Multi Vitamin
- Women'S One Multivitamin 150
- Mintasure 75
- Kid'S One Multistars 90
- Counter Attack 90

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

Vitamin D 1,000 Iu Gummies 50  
Just Once Iron-Free Multivitamin 120  
Pain - Eze 30

### **Vibrant Health**

Joint Vibrance Powder

### **Sauces/Salsas/Dips**

#### **OrganicVille**

Original BBQ Sauce

#### **Organicville**

Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce  
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**

Gluten Free Homestyle Pancakes

### **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  
Boom Choco Boom Dark Chocolate Bar

### **Cereal**

#### **Arrowhead Mills**

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

### **Condiments**

#### **OrganicVille**

Original BBQ Sauce

### **Cookies and Snack Bars**

#### **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

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

Coconut Almond Minis

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

Organic Chocolate Velvet  
Organic Creamy Vanilla  
Chocolate Covered Vanilla Coconut Minis

### **Entrees and Mixes**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Frozen Foods**

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

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

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

Gluten Free Homestyle Pancakes

### **Nutritional Supplements**

#### **Rainbow Light**

Organic Womens Multi Vitamin  
Multi-Vitamin Mens  
Prenatal Multi Vitamin

### **Sauces/Salsas/Dips**

#### **OrganicVille**

Original BBQ Sauce