

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Mountain Brook Store, South 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

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

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 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

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Herbs de Provence 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 Gingerbread Spice Cookies

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

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

Wheat Free/Gluten Free Brownie Mix

Cherrybrook Kitchen (Cont'd)

Pancake and Baking Wheat Free/Gluten Free Mix
Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods**Organicville**

Organic Sesame Teriyaki

Frozen Foods**Ian's Natural Foods**

Chicken Nuggets, Allergen Free

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Rainbow Light**

Kid'S One Multistars 30
Vitamin D 1,000 Iu Gummies 50
Nail, Hair & Skin Connection 60
Men'S One Multivitamin 30
Prenatal One Multivitamin 30
Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 30
Active Senior Multivitamin 90
Men'S One Multivitamin 90
Gummy Power Sours 30
Active Senior Multivitamin 30
Nutristart Multivitamin Powder 30
Kid'S One Multistars 90
Women'S One Multivitamin 150
Women'S One Multivitamin 90
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Food Based Calcium
Prenatal One Multivitamin 150
Active Health Teen Multivitamin 90

Sauces/Salsas/Dips**Organicville**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Wheat Free/Gluten Free Brownie Mix
Pancake and Baking Wheat Free/Gluten Free Mix

Cherrybrook Kitchen (Cont'd)

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

Ener-G Foods

Tapioca Flour
Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

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
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
Organic Dressing, Non Dairy Ranch
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Miso Ginger 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 Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies
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 Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

So Delicious (Cont'd)
Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills
Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen
Pancake and Baking Wheat Free/Gluten Free Mix
Wheat Free/Gluten Free Brownie Mix
Gluten Free/Wheat Free Yellow Cake Mix
Chocolate Wheat Free/Gluten Free Cake Mix

Ethnic Foods

Organicville
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods
Chicken Nuggets, Allergen Free

So Delicious
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Almond Minis
Coconut Milk Cookie Dough

Van's International Foods
Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light
Women'S One Multivitamin 30
Active Senior Multivitamin 30
Vitamin D 400 Iu Gummies 60
Vitamin D 1,000 Iu Gummies 100
Prenatal One Multivitamin 150
Active Senior Multivitamin 90
Food Based Calcium
Men'S One Multivitamin 30
Women'S One Multivitamin 90
Kid'S One Multistars 90
Prenatal One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 150
Men'S One Multivitamin 90
Kid'S One Multistars 30
Gummy Power Sours 30
Men'S One Multivitamin 150
Active Health Teen Multivitamin 90
Nail, Hair & Skin Connection 60
Prenatal One Multivitamin 30

Sauces/Salsas/Dips

Organicville
Original BBQ Sauce

Organicville
Organic Sesame Teriyaki

The Ginger People

The Ginger People (Cont'd)
Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills
Gluten Free Fudge Brownie Mix

Ener-G Foods
Egg Replacer
Tapioca Flour

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
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills
Organic Rice & Shine Hot Cereal
Organic Maple Buckwheat Flakes

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

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

So Delicious
Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods
Egg Replacer

So Delicious
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills
Gluten Free Fudge Brownie Mix

Frozen Foods

So Delicious
Coconut Almond Minis

So Delicious (Cont'd)

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

Van's International Foods

Gluten Free Homestyle Pancakes

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce