

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Millburn Union 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

Chocolate Chip Wheat Free/Gluten Free Cookie 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

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

#### Organicville (Cont'd)

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

### Cookies and Snack Bars

#### 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

#### Purely Decadent

Coconut Milk Mint Chip

#### So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

### Ethnic Foods

#### Organicville

**Organicville (Cont'd)**

Organic Island Teriyaki  
Organic Sesame Teriyaki

**Frozen Foods****Ian's Natural Foods**

Fish Sticks, Allergen Free  
French Toast Sticks, Wheat Free Gluten Free  
Chicken Nuggets, Allergen Free

**Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Coconut Almond Minis  
Organic Creamy Vanilla  
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!**

Alive Cap  
Max Potency Multivitamin w/o Fe  
Vitamin C  
Max Potency Multivitamin

**Pioneer Nutrition**

Comprehensive Super E + 60ct  
Vitamin C Complex- 500mg- 180 tab  
Children's Multi 120ct  
Vitamin C Complex- 1000mg- 60 tab

**Rainbow Light**

Men'S One Multivitamin 90  
Prenatal Petite Multivitamin 180  
Probioactive 1B 90  
Candida Cleanse 60  
Just Once Multivitamin 30  
Active Health Teen Multivitamin 90  
Nutristart Multivitamin Powder 30  
Food Based Calcium  
Men'S One Multivitamin 30  
Counter Attack 30  
Prenatal One Multivitamin 150  
Just Once Multivitamin 60  
Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 90  
Gummy Omegalicious 30  
Kid'S One Multistars 30  
Women'S One Multivitamin 150  
Food Based Calcium  
Super C 1000 120  
Kid'S One Multistars 90  
Active Senior Multivitamin 90  
Prenatal Multi Vitamin

**Rainbow Light (Cont'd)**

Organic Womens Multi Vitamin  
Super C 1000 60  
Men'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 50  
Vitamin D 400 Iu Gummies 60  
Prenatal Petite Multivitamin 90  
Calcium Citrate Mini Tabs 120  
Multi-Vitamin Mens  
Pain - Eze 30  
Gummy Bear Essentials 30  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Gummy Power Sours 30  
Mintasure 75

**Vibrant Health**

Dumontiaceae Red Algae  
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**

Pancake and Baking Wheat Free/Gluten Free Mix  
Chocolate Chip Wheat Free/Gluten Free Cookie 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 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 Yellow Corn Grits

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

Organic Maple Buckwheat Flakes  
Organic Rice & Shine Hot Cereal

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
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  
Organic Creamy Vanilla

## **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  
French Toast Sticks, Wheat Free Gluten Free  
Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Coconut Almond Minis  
Coconut Milk Cookie Dough  
Organic Creamy Vanilla

## **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  
Alive Cap  
Max Potency Multivitamin  
Vitamin C

### **Pioneer Nutrition**

Vitamin C Complex- 1000mg- 60 tab  
Comprehensive Super E + 60ct  
Vitamin C Complex- 500mg- 180 tab  
Children's Multi 120ct

### **Rainbow Light**

Men'S One Multivitamin 150  
Active Health Teen Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Prenatal Petite Multivitamin 180  
Women'S One Multivitamin 150  
Probioactive 1B 90  
Prenatal Petite Multivitamin 90  
Calcium Citrate Mini Tabs 120  
Organic Womens Multi Vitamin  
Men'S One Multivitamin 90  
Men'S One Multivitamin 30  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Kid'S One Multistars 30  
Gummy Omegalicious 30  
Candida Cleanse 60  
Nutristart Multivitamin Powder 30  
Food Based Calcium  
Mintasure 75  
Vitamin D 400 Iu Gummies 60  
Kid'S One Multistars 90  
Gummy Bear Essentials 30  
Just Once Multivitamin 60  
Prenatal Multi Vitamin  
Super C 1000 60  
Counter Attack 30  
Vitamin D 1,000 Iu Gummies 100  
Active Senior Multivitamin 90  
Food Based Calcium  
Gummy Power Sours 30  
Super C 1000 120  
Pain - Eze 30  
Prenatal One Multivitamin 150  
Just Once Multivitamin 30  
Women'S One Multivitamin 90  
Multi-Vitamin Mens

## **Vibrant Health**

Joint Vibrance Powder  
Dumontiaceae Red Algae

## **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**

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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

## **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

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla  
Coconut Almond Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

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

Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla  
Coconut Milk Cookie Dough  
Coconut Almond Minis

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

Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

Multi-Vitamin Mens  
Organic Womens Multi Vitamin  
Prenatal Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce