

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



McEwen 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

Wheat Free/Gluten Free Brownie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie 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 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 Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Very Berry Snack Bar

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

Glutino

Apple Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

So Delicious (Cont'd)

Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix
Sugar Cookie Mix
Wheat Free/Gluten Free Brownie Mix
Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

Women'S One Multivitamin 30
Gummy Power Sours 30
Prenatal Petite Multivitamin 90
Food Based Calcium
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 150
Calcium Citrate Mini Tabs 120
Magnesium Calcium "+" 90
Vitamin D 1,000 Iu Gummies 50
Magnesium Calcium "+" 180
Vitamin D 400 Iu Gummies 60
Active Senior Multivitamin 30
Active Senior Multivitamin 90
Women'S One Multivitamin 150
Men'S One Multivitamin 90
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 90
Multi-Vitamin Mens
Food Based Calcium
Men'S One Multivitamin 30
Kid'S One Multistars 30

Rainbow Light (Cont'd)

Prenatal Petite Multivitamin 180
Women'S One Multivitamin 90
Kid'S One Multistars 90
Prenatal One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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
Wheat Free/Gluten Free Brownie Mix
Sugar Cookie Mix

Ener-G Foods

Egg Replacer
Tapioca Flour

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

Cereal

Arrowhead Mills

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

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch

Organicville (Cont'd)

- Organic Dressing, French
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Ketchup
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette

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 Very Berry Snack Bar

Enjoy Life Foods

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

Glutino

- Apple Breakfast Bars

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

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

- Sugar Cookie Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Wheat Free/Gluten Free Brownie Mix

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Chicken Nuggets, Allergen Free

So Delicious

- Organic Creamy Vanilla
- Coconut Almond Minis

So Delicious (Cont'd)

- Peanut Butter Zigzag
- Chocolate Covered Vanilla Coconut Minis
- Coconut Milk Cookie Dough

Van's International Foods

- Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

- Prenatal One Multivitamin 150
- Prenatal One Multivitamin 90
- Women'S One Multivitamin 30
- Nutristart Multivitamin Powder 30
- Food Based Calcium
- Magnesium Calcium "+" 90
- Kid'S One Multistars 90
- Food Based Calcium
- Vitamin D 1,000 Iu Gummies 50
- Women'S One Multivitamin 150
- Multi-Vitamin Mens
- Prenatal Petite Multivitamin 180
- Magnesium Calcium "+" 180
- Prenatal Petite Multivitamin 90
- Active Health Teen Multivitamin 90
- Active Senior Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Women'S One Multivitamin 90
- Men'S One Multivitamin 90
- Prenatal One Multivitamin 30
- Active Senior Multivitamin 30
- Calcium Citrate Mini Tabs 120
- Gummy Power Sours 30
- Kid'S One Multistars 30
- Men'S One Multivitamin 30

Vibrant Health

- Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

- Original BBQ Sauce

Organicville

- Organic Island Teriyaki
- 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

- Sugar Cookie 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 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 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 Very Berry Snack Bar

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Apple Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie Mix

Frozen Foods

So Delicious

Coconut Milk Cookie Dough

Organic Creamy Vanilla

So Delicious (Cont'd)

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

Multi-Vitamin Mens

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce