

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Medford Store, North Atlantic 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

### Cherrybrook Kitchen

- Vanilla Frosting Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Chocolate Frosting Mix
- 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

### Enjoy Life Foods

- Mini Chips

### Hain

- Baking Powder

## 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 Maple Buckwheat Flakes

## Condiments

### Organicville

- Original BBQ Sauce

### Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, French

### Organicville (Cont'd)

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Tangy 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 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

- Organic Creamy Vanilla
- Organic Chocolate Velvet

## Desserts

### So Delicious

- Peanut Butter Zigzag

## Entrees and Mixes

### Cherrybrook Kitchen

- Gluten Free/Wheat Free Yellow Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Vanilla Frosting Mix

### **Cherrybrook Kitchen (Cont'd)**

Chocolate Frosting Mix  
Wheat Free/Gluten Free Brownie Mix  
Sugar Cookie Mix  
Chocolate Chip Wheat Free/Gluten Free Cookie Mix  
Chocolate Wheat Free/Gluten Free Cake Mix

### **Ethnic Foods**

#### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

### **Frozen Foods**

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

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

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

### **Nutritional Supplements**

#### **Rainbow Light**

Vitamin D 1,000 Iu Gummies 100  
Vitamin D 400 Iu Gummies 60  
Food Based Calcium  
Food Based Calcium  
Calcium Citrate Mini Tabs 120  
Nutristart Multivitamin Powder 30  
Prenatal One Multivitamin 150  
Prenatal Petite Multivitamin 90  
Women'S One Multivitamin 150  
Prenatal One Multivitamin 90  
Complete Iron System 60  
Active Senior Multivitamin 90  
Gummy Power Sours 30  
Just Once Multivitamin 120  
Super C 1000 60  
Men'S One Multivitamin 30  
Kid'S One Multistars 30  
Vitamin D 1,000 Iu Gummies 50  
Kid'S One Multistars 90  
Men'S One Multivitamin 90  
Prenatal One Multivitamin 30  
Just Once Iron-Free Multivitamin 120  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Active Health Teen Multivitamin 90

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

#### **OrganicVille**

Original BBQ Sauce

#### **Organicville**

Organic Tangy BBQ Sauce

### **Organicville (Cont'd)**

Organic Island Teriyaki  
Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### **Baking Needs**

#### **Cherrybrook Kitchen**

Vanilla Frosting Mix  
Sugar Cookie Mix  
Chocolate Chip Wheat Free/Gluten Free Cookie Mix  
Chocolate Wheat Free/Gluten Free Cake Mix  
Pancake and Baking Wheat Free/Gluten Free Mix  
Chocolate Frosting Mix  
Gluten Free/Wheat Free Yellow Cake Mix  
Wheat Free/Gluten Free Brownie Mix

#### **Ener-G Foods**

Egg Replacer

#### **Enjoy Life Foods**

Mini Chips

#### **Hain**

Baking Powder

### **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 Rice & Shine Hot Cereal  
Organic Maple Buckwheat Flakes

### **Condiments**

#### **OrganicVille**

Original BBQ Sauce

#### **Organicville**

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

### **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 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

Organic Chocolate Velvet

### **Desserts**

#### **So Delicious**

Peanut Butter Zigzag

### **Entrees and Mixes**

#### **Cherrybrook Kitchen**

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Vanilla Frosting Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Frosting Mix

Sugar 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**

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

#### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Chocolate Velvet

Peanut Butter Zigzag

Organic Creamy Vanilla

Coconut Milk Cookie Dough

### **Nutritional Supplements**

#### **Rainbow Light**

Just Once Iron-Free Multivitamin 120

Kid'S One Multistars 90

Prenatal One Multivitamin 90

Complete Iron System 60

Vitamin D 1,000 Iu Gummies 50

Vitamin D 1,000 Iu Gummies 100

Active Senior Multivitamin 90

Prenatal Petite Multivitamin 90

Women'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Super C 1000 60

Prenatal One Multivitamin 150

Men'S One Multivitamin 30

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

Men'S One Multivitamin 90

Food Based Calcium

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 30

Kid'S One Multistars 30

Gummy Power Sours 30

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 30

Food Based Calcium

Just Once Multivitamin 120

Women'S One Multivitamin 150

Active Health Teen Multivitamin 90

### **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

### **Baking Needs**

#### **Cherrybrook Kitchen**

Sugar Cookie Mix

#### **Ener-G Foods**

Egg Replacer

#### **Enjoy Life Foods**

Mini Chips

### **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 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 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**

Organic Chocolate Velvet

Organic Creamy Vanilla

**Desserts****So Delicious**

Peanut Butter Zigzag

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**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce