

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Manhasset 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

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Enjoy Life Foods

Mini Chips

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 Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Tangy BBQ Sauce

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

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

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

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

French Toast Sticks, Wheat Free Gluten Free

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Van's International Foods

Gluten Free Homestyle Pancakes

Jams and Nut Butters

Maranatha

Tahini Roasted

Nutritional Supplements

Rainbow Light

Nutristart Multivitamin Powder 30
Kid'S One Multistars 30
Calcium Citrate Mini Tabs 120
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 90
Gummy Bear Essentials 30
Men'S One Multivitamin 30
Prenatal Petite Multivitamin 180
Women'S One Multivitamin 30
Prenatal Multi Vitamin
Active Senior Multivitamin 90
Women'S One Multivitamin 90
Gummy Power Sours 30
Active Senior Multivitamin 30
Food Based Calcium
Food Based Calcium
Gummy Omegalicious 30
Counter Attack 30
Just Once Multivitamin 60
Super C 1000 60
Active Health Teen Multivitamin 90
Kid'S One Multistars 90
Vitamin D 1,000 Iu Gummies 50
Everyday Calcium With Enzymes 120
Men'S One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Tangy BBQ Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Enjoy Life Foods

Mini Chips

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 Rice & Shine Hot Cereal
Organic Yellow Corn Grits

Condiments

Organicville

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

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

So Delicious

Organic Chocolate Velvet
Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

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

Frozen Foods

Ian's Natural Foods

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

So Delicious

Organic Chocolate Velvet
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

Rainbow Light

Active Senior Multivitamin 90
Prenatal Petite Multivitamin 180
Gummy Omegalicious 30
Vitamin D 1,000 Iu Gummies 50
Kid'S One Multistars 90

Rainbow Light (Cont'd)

- Women'S One Multivitamin 90
- Food Based Calcium
- Everyday Calcium With Enzymes 120
- Nutristart Multivitamin Powder 30
- Super C 1000 60
- Kid'S One Multistars 30
- Counter Attack 30
- Vitamin D 400 Iu Gummies 60
- Food Based Calcium
- Prenatal Multi Vitamin
- Calcium Citrate Mini Tabs 120
- Active Senior Multivitamin 30
- Prenatal One Multivitamin 90
- Gummy Bear Essentials 30
- Women'S One Multivitamin 30
- Active Health Teen Multivitamin 90
- Gummy Power Sours 30
- Men'S One Multivitamin 30
- Men'S One Multivitamin 90
- Just Once Multivitamin 60

Vibrant Health

- Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

- Organic Tangy BBQ Sauce

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

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 Yellow Corn Grits

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

So Delicious

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

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Frozen Foods

So Delicious

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

Van's International Foods

- Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

- Prenatal Multi Vitamin