

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Middletown 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

Chocolate Chip Wheat Free/Gluten Free Cookie 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 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 Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Condiments

Organicville

Original BBQ Sauce

Organicville

Organicville (Cont'd)

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Ketchup

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

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

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Chocolate Velvet

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

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

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

- Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

- Alive Cap
- Max Potency Multivitamin w/o Fe

Pioneer Nutrition

- Vitamin C Complex- 500mg- 180 tab
- Chewable Vitamins / Minerals- 90 tab

Pioneer Nutrition

- Glucosamine Chondroitin Complex- 120 tab
- Vegetarian Cal Mag- 90 Cap
- Calcium Magnesium, Vegetarian- 60 tab

Rainbow Light

- Kid'S One Multistars 30
- Mintasure 75
- Vitamin D 1,000 Iu Gummies 50
- Prenatal Petite Multivitamin 180
- Everyday Calcium With Enzymes 120
- Active Health Teen Multivitamin 90
- Prenatal Petite Multivitamin 90
- Prenatal One Multivitamin 90
- Gummy Bear Essentials 30
- Men'S One Multivitamin 90
- Vitamin D 1,000 Iu Gummies 100
- Multi-Vitamin Mens
- Gummy Omegalicious 30
- Prenatal One Multivitamin 30
- Organic Womens Multi Vitamin
- Vitamin D 400 Iu Gummies 60
- Counter Attack 30
- Men'S One Multivitamin 30
- Energy B-Complex 45
- Calcium Citrate Mini Tabs 120
- Complete Iron System 60
- Nutristart Multivitamin Powder 30

Rainbow Light (Cont'd)

- Prenatal Multi Vitamin
- Women'S One Multivitamin 90
- Just Once Multivitamin 60
- Everyday Calcium With Enzymes 240
- Prenatal One Multivitamin 150
- Women'S One Multivitamin 150
- Gummy Power Sours 30
- Active Senior Multivitamin 90
- Women'S One Multivitamin 30
- Kid'S One Multistars 90
- Men'S One Multivitamin 150
- Just Once Multivitamin 30
- Magnesium Calcium "+" 90

Vibrant Health

- Joint Vibrance Powder
- Cholesterol Blocker

Sauces/Salsas/Dips

Organicville

- Original BBQ Sauce

Organicville

- Organic Tangy BBQ Sauce
- Organic Island Teriyaki
- Organic Sesame Teriyaki

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Pancake and Baking Wheat Free/Gluten Free 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 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

Arrowhead Mills (Cont'd)

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

So Delicious

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Calcium Magnesium, Vegetarian- 60 tab

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Just Once Multivitamin 30

Women'S One Multivitamin 90

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Active Senior Multivitamin 90

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Complete Iron System 60

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Men'S One Multivitamin 30

Multi-Vitamin Mens

Calcium Citrate Mini Tabs 120

Kid'S One Multistars 30

Gummy Power Sours 30

Vitamin D 400 Iu Gummies 60

Energy B-Complex 45

Active Health Teen Multivitamin 90

Mintasure 75

Vitamin D 1,000 Iu Gummies 50

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Organic Maple Buckwheat Flakes

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Original BBQ Sauce

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