

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Milford 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

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

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

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Fish Sticks, Allergen Free

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

So Delicious (Cont'd)

Organic Chocolate Velvet
Coconut Milk Cookie Dough

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Nature's Way Alive!**

Vitamin C
Alive Cap
Max Potency Multivitamin w/o Fe

Rainbow Light

Women'S Nutritional System 180
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 90
Gummy Omegalicious 30
Everyday Calcium With Enzymes 240
Women'S One Multivitamin 90
Rejuvenage 40+ Multi 120
Prenatal One Multivitamin 30
Just Once Multivitamin 30
Men'S One Multivitamin 90
Kid'S One Multistars 90
Calcium Citrate Mini Tabs 120
Prenatal Petite Multivitamin 90
Counter Attack 30
Men'S One Multivitamin 150
Men'S One Multivitamin 30
Nutristart Multivitamin Powder 30
Super C 1000 120
Prenatal Petite Multivitamin 180
Just Once Multivitamin 120
Active Senior Multivitamin 30
Energy B-Complex 45
Magnesium Calcium "+" 90
Nail, Hair & Skin Connection 60
Vitamin D 1,000 Iu Gummies 50
Kid'S One Multistars 30
Just Once Multivitamin 60
Food Based Calcium
Women'S One Multivitamin 150
Active Health Teen Multivitamin 90
Organic Womens Multi Vitamin
Prenatal One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Pain - Eze 30
Women'S One Multivitamin 30
Gummy Bear Essentials 30
Gummy Power Sours 30

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organicville (Cont'd)

Organic Island Teriyaki

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

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

Cereal**Arrowhead Mills**

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

Condiments**OrganicVille**

Original BBQ Sauce

Organicville

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

Cookies and Snack Bars**Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Fish Sticks, Allergen Free

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

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Max Potency Multivitamin w/o Fe

Vitamin C

Alive Cap

Rainbow Light

Rejuvenage 40+ Multi 120

Magnesium Calcium "+" 90

Nutristart Multivitamin Powder 30

Energy B-Complex 45

Women'S One Multivitamin 90

Men'S One Multivitamin 90

Men'S One Multivitamin 150

Active Health Teen Multivitamin 90

Gummy Bear Essentials 30

Nail, Hair & Skin Connection 60

Organic Womens Multi Vitamin

Women'S One Multivitamin 30

Kid'S One Multistars 90

Men'S One Multivitamin 30

Super C 1000 120

Just Once Multivitamin 60

Active Senior Multivitamin 30

Calcium Citrate Mini Tabs 120

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 30

Prenatal One Multivitamin 150

Kid'S One Multistars 30

Food Based Calcium

Pain - Eze 30

Vitamin D 1,000 Iu Gummies 50

Vitamin D 400 Iu Gummies 60

Vitamin D 1,000 Iu Gummies 100

Rainbow Light (Cont'd)

Just Once Multivitamin 30

Gummy Omegalicious 30

Counter Attack 30

Everyday Calcium With Enzymes 240

Just Once Multivitamin 120

Women'S One Multivitamin 150

Prenatal One Multivitamin 90

Prenatal Petite Multivitamin 90

Gummy Power Sours 30

Women'S Nutritional System 180

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Island Teriyaki

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Enjoy Life Foods

Mini Chips

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