

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Montclair 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

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 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 Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organicville (Cont'd)

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

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

French Toast Sticks, Wheat Free Gluten Free

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Max Potency Multivitamin

Rainbow Light

Women'S One Multivitamin 90

Just Once Multivitamin 60

Women'S One Multivitamin 30

Prenatal Multi Vitamin

Counter Attack 90

Prenatal Petite Multivitamin 180

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 90

Multi-Vitamin Mens

Calcium Citrate Mini Tabs 120

Vitamin D 400 Iu Gummies 60

Gummy Bear Essentials 30

Active Senior Multivitamin 90

Food Based Calcium

Organic Womens Multi Vitamin

Kid'S One Multistars 90

Men'S One Multivitamin 30

Everyday Calcium With Enzymes 120

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

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

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 w/ Crispy Rice
Chocolate Bar

Enjoy Life (Cont'd)

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

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

So Delicious

Organic Creamy Vanilla

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Popcorn Turkey Corn Dogs

So Delicious

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Nature's Way Alive! (Cont'd)

Vitamin C

Rainbow Light

Active Senior Multivitamin 90

Everyday Calcium With Enzymes 120

Just Once Multivitamin 60

Women'S One Multivitamin 30

Prenatal Multi Vitamin

Gummy Bear Essentials 30

Multi-Vitamin Mens

Prenatal Petite Multivitamin 180

Kid'S One Multistars 90

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 30

Food Based Calcium

Calcium Citrate Mini Tabs 120

Counter Attack 90

Organic Womens Multi Vitamin

Women'S One Multivitamin 90

Prenatal One Multivitamin 90

Active Health Teen Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Island Teriyaki

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 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 Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

OrganicVille

Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life Foods

Enjoy Life Foods (Cont'd)

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

So Delicious

Organic Creamy Vanilla

Organic Chocolate Velvet

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

So Delicious

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Coconut Almond Minis

Organic Chocolate Velvet

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

Multi-Vitamin Mens

Prenatal Multi Vitamin

Organic Womens Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce