

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## East 57th Street 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

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Breakfast Foods

#### Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

### Cereal

#### Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic 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 Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

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

### Frozen Foods

#### Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Coconut Milk Cookie Dough

Organic Chocolate Velvet

### Nutritional Supplements

#### Nature's Way Alive!

Alive Cap

Vitamin C

#### Rainbow Light

Men'S One Multivitamin 150

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

Organic Womens Multi Vitamin  
Calcium Citrate Mini Tabs 120  
Just Once Multivitamin 120  
Gummy Bear Essentials 30  
Complete B-Complex 90  
Super C 1000 60  
Just Once Iron-Free Multivitamin 120  
Active Senior Multivitamin 90  
Counter Attack 30  
Vitamin D 1,000 Iu Gummies 50  
Nutristart Multivitamin Powder 30  
Prenatal Petite Multivitamin 90  
Kid'S One Multistars 30  
Prenatal One Multivitamin 30  
Vitamin D 400 Iu Gummies 60  
Just Once Multivitamin 60  
Prenatal One Multivitamin 90  
Men'S One Multivitamin 90  
Women'S One Multivitamin 150  
Mintasure 75  
Men'S One Multivitamin 30  
Kid'S One Multistars 90  
Food Based Calcium  
Pain - Eze 30  
Women'S One Multivitamin 90  
Food Based Calcium  
Active Health Teen Multivitamin 90

## **Vibrant Health**

Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **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

### **Hain**

Baking Powder

## **Breakfast Foods**

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

French Toast Sticks, Wheat Free Gluten Free

## **Candy and Chocolate**

### **Enjoy Life**

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 Yellow Corn Grits

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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

## **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

### **Cherrybrook Kitchen**

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

## **Frozen Foods**

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

French Toast Sticks, Wheat Free Gluten Free

### **So Delicious**

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

## **Nutritional Supplements**

### **Nature's Way Alive!**

Vitamin C  
Alive Cap

### **Rainbow Light**

Just Once Multivitamin 120  
Food Based Calcium  
Super C 1000 60  
Women'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 50

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

Counter Attack 30  
Just Once Multivitamin 60  
Men'S One Multivitamin 30  
Kid'S One Multistars 90  
Prenatal One Multivitamin 30  
Active Health Teen Multivitamin 90  
Complete B-Complex 90  
Kid'S One Multistars 30  
Active Senior Multivitamin 90  
Men'S One Multivitamin 90  
Women'S One Multivitamin 90  
Prenatal One Multivitamin 90  
Prenatal Petite Multivitamin 90  
Gummy Bear Essentials 30  
Nutrstart Multivitamin Powder 30  
Organic Womens Multi Vitamin  
Food Based Calcium  
Mintasure 75  
Vitamin D 400 Iu Gummies 60  
Pain - Eze 30  
Men'S One Multivitamin 150  
Calcium Citrate Mini Tabs 120  
Just Once Iron-Free Multivitamin 120

## **Vibrant Health**

Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

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

## **Enjoy Life Foods (Cont'd)**

Soft Baked Chocolate Chip 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

## **Frozen Foods**

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Organic Womens Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce