

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Northbrook Store, Midwest 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

### Cherrybrook Kitchen

- Chocolate Wheat Free/Gluten Free Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix

### Ener-G Foods

- Sweet Rice Flour
- Egg Replacer
- Xanthum Gum

### Enjoy Life Foods

- Mini Chips

## 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 Maple Buckwheat Flakes

## Condiments

### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, French
- Organic Ketchup
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Non Dairy Ranch

### The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## Cookies and Snack Bars

### Enjoy Life

- Gluten Free Sun Bar
- Gluten Free Cocoa Loco Snack Bar

### Enjoy Life Foods

### Enjoy Life Foods (Cont'd)

- 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

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

## Entrees and Mixes

### Cherrybrook Kitchen

- Chocolate Wheat Free/Gluten Free Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix

## Ethnic Foods

### Organicville

- Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

- Popcorn Turkey Corn Dogs
- Fish Sticks, Allergen Free

### So Delicious

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

## Nutritional Supplements

### Rainbow Light

- Calcium Citrate Mini Tabs 120

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

Complete B-Complex 90  
Nutrstart Multivitamin Powder 30  
Women'S One Multivitamin 30  
Food Based Calcium  
Vitamin D 400 Iu Gummies 60  
Vitamin D 1,000 Iu Gummies 50  
Men'S One Multivitamin 30  
Prenatal One Multivitamin 150  
Women'S One Multivitamin 150  
Prenatal One Multivitamin 30  
Everyday Calcium With Enzymes 120  
Food Based Calcium  
Men'S One Multivitamin 90  
Active Health Teen Multivitamin 90  
Counter Attack 30  
Prenatal Petite Multivitamin 180  
Men'S One Multivitamin 150  
Gummy Power Sours 30  
Kid'S One Multistars 90  
Just Once Multivitamin 120  
Prenatal One Multivitamin 90  
Chewable Calcium Citrate Multi-Mins 45  
Women'S One Multivitamin 90  
Active Senior Multivitamin 90

## **Vibrant Health**

Joint Vibrance Powder

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Cherrybrook Kitchen**

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

### **Ener-G Foods**

Sweet Rice Flour  
Egg Replacer  
Xanthum Gum

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

## **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **Organicville**

Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, French  
Organic Dressing, Non Dairy Ranch  
Organic Ketchup  
Organic Dressing, Olive Oil & Balsamic Vinaigrette

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Sun Bar  
Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

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**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis  
Organic Creamy Vanilla

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

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

Popcorn Turkey Corn Dogs  
Fish Sticks, Allergen Free

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Women'S One Multivitamin 150  
Calcium Citrate Mini Tabs 120  
Complete B-Complex 90  
Prenatal One Multivitamin 30  
Counter Attack 30

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

Men'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 30  
Nutristar Multivitamin Powder 30  
Vitamin D 1,000 Iu Gummies 50  
Active Senior Multivitamin 90  
Kid'S One Multistars 90  
Prenatal One Multivitamin 150  
Food Based Calcium  
Women'S One Multivitamin 90  
Active Health Teen Multivitamin 90  
Gummy Power Sours 30  
Chewable Calcium Citrate Multi-Mins 45  
Prenatal Petite Multivitamin 180  
Everyday Calcium With Enzymes 120  
Food Based Calcium  
Just Once Multivitamin 120  
Men'S One Multivitamin 90  
Men'S One Multivitamin 150  
Vitamin D 400 Iu Gummies 60

## **Vibrant Health**

Joint Vibrance Powder

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **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 Maple Buckwheat Flakes

## **Condiments**

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Sun Bar  
Gluten Free Cocoa Loco Snack Bar

## **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**

Organic Creamy Vanilla  
Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Frozen Foods**

### **So Delicious**

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

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce