

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Newton Store, North Atlantic 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

- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Sugar Cookie Mix
- Wheat Free/Gluten Free Brownie Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

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 Maple Buckwheat Flakes
- Organic Rice & Shine Hot Cereal

Condiments

Organicville

- Original BBQ Sauce

Organicville

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

The Ginger People

The Ginger People (Cont'd)

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Entrees and Mixes

Cherrybrook Kitchen

- Sugar Cookie Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Wheat Free/Gluten Free Brownie Mix
- Chocolate Wheat Free/Gluten Free Cake Mix

Ethnic Foods

Organicville

- Organic Sesame Teriyaki
- Organic Island Teriyaki

Nutritional Supplements

Rainbow Light

- Prenatal One Multivitamin 90
- Women'S One Multivitamin 150
- Vitamin D 400 Iu Gummies 60
- Food Based Calcium
- Men'S One Multivitamin 90
- Chewable Calcium Citrate Multi-Mins 45
- Active Health Teen Multivitamin 90
- Prenatal One Multivitamin 150
- Everyday Calcium With Enzymes 120

Rainbow Light (Cont'd)

Men'S One Multivitamin 150
Prenatal One Multivitamin 30
Nutristart Multivitamin Powder 30
Vitamin D 1,000 Iu Gummies 100
Prenatal Petite Multivitamin 90
Food Based Calcium
Men'S One Multivitamin 30
Women'S One Multivitamin 30
Kid'S One Multistars 30
Gummy Bear Essentials 30
Active Senior Multivitamin 90
Gummy Power Sours 30
Kid'S One Multistars 90
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix
Pancake and Baking Wheat Free/Gluten Free Mix
Chocolate Chip Wheat Free/Gluten Free Cookie Mix
Wheat Free/Gluten Free Brownie Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Gluten Free/Wheat Free Yellow Cake Mix

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

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 Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch
Organic Tangy BBQ Sauce

Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, French
Organic Ketchup
Organic Dressing, Miso Ginger Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix
Gluten Free/Wheat Free Yellow Cake Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Pancake and Baking Wheat Free/Gluten Free Mix
Wheat Free/Gluten Free Brownie Mix
Sugar Cookie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Nutritional Supplements

Rainbow Light

Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Men'S One Multivitamin 30
Gummy Bear Essentials 30
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 150
Men'S One Multivitamin 90
Kid'S One Multistars 30
Vitamin D 1,000 Iu Gummies 50
Food Based Calcium
Prenatal One Multivitamin 30
Active Senior Multivitamin 90
Active Health Teen Multivitamin 90
Vitamin D 400 Iu Gummies 60
Gummy Power Sours 30
Kid'S One Multistars 90
Everyday Calcium With Enzymes 120
Chewable Calcium Citrate Multi-Mins 45
Women'S One Multivitamin 90
Food Based Calcium
Prenatal One Multivitamin 90
Nutristart Multivitamin Powder 30
Prenatal Petite Multivitamin 90

Rainbow Light (Cont'd)

Women'S One Multivitamin 150

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs**Cherrybrook Kitchen**

Sugar Cookie Mix

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 Dark Chocolate Bar

Cereal**Arrowhead Mills**

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars**Enjoy Life**

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

Entrees and Mixes**Cherrybrook Kitchen**

Sugar Cookie Mix

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce