

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Newtonville 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.

### Baked Goods

#### Ener-G Foods

- Brown Rice Loaf
- Light Brown Rice Loaf
- White Rice Loaf

### Baking Needs

#### Cherrybrook Kitchen

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

#### Ener-G Foods

- Egg Replacer
- White Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Brown Rice Loaf
- White Rice Loaf
- White Rice Loaf Yeast Free
- Light Brown Rice Loaf

### 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

#### Enjoy Life (Cont'd)

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

### Cereal

#### Arrowhead Mills

- Organic Maple Buckwheat Flakes

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Ketchup
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Tangy 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 Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### Purely Decadent

- Coconut Milk Mint Chip

## **So Delicious**

Organic Chocolate Velvet  
Organic Creamy Vanilla  
Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

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

French Toast Sticks, Wheat Free Gluten Free

### **Purely Decadent**

Coconut Milk Mint Chip

## **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Prenatal Petite Multivitamin 90  
Everyday Calcium With Enzymes 120  
Prenatal One Multivitamin 150  
Men'S One Multivitamin 150  
Magnesium Calcium "+" 90  
Women'S One Multivitamin 150  
Chewable Calcium Citrate Multi-Mins 45  
Magnesium Calcium "+" 180  
Vitamin D 400 Iu Gummies 60  
Nutristart Multivitamin Powder 30  
Active Senior Multivitamin 90  
Organic Womens Multi Vitamin  
Prenatal Multi Vitamin  
Men'S One Multivitamin 30  
Kid'S One Multistars 30  
Women'S One Multivitamin 30  
Food Based Calcium  
Calcium Citrate Mini Tabs 120  
Kid'S One Multistars 90  
Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 30  
Active Senior Multivitamin 30  
Food Based Calcium

## **Sauces/Salsas/Dips**

### **OrganicVille**

### **OrganicVille (Cont'd)**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

White Rice Loaf  
Brown Rice Loaf  
Light Brown Rice Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

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

### **Ener-G Foods**

White Rice Loaf Yeast Free  
Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf  
White Rice Loaf Yeast Free  
White Rice Loaf  
Light Brown Rice Loaf

## **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  
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Ketchup  
Organic Tangy BBQ Sauce  
Organic Dressing, Olive Oil & Balsamic Vinaigrette

## **Organicville (Cont'd)**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, French  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
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 Double Chocolate Brownie Cookies  
Soft Baked Chocolate Chip Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla  
Chocolate Covered Vanilla Coconut Minis  
Organic Chocolate Velvet

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

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

French Toast Sticks, Wheat Free Gluten Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Kid'S One Multistars 30  
Women'S One Multivitamin 30  
Vitamin D 400 Iu Gummies 60

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

Prenatal Petite Multivitamin 90  
Organic Womens Multi Vitamin  
Active Senior Multivitamin 30  
Prenatal One Multivitamin 30  
Kid'S One Multistars 90  
Men'S One Multivitamin 30  
Calcium Citrate Mini Tabs 120  
Food Based Calcium  
Everyday Calcium With Enzymes 120  
Vitamin D 1,000 Iu Gummies 100  
Men'S One Multivitamin 150  
Magnesium Calcium "+" 90  
Active Senior Multivitamin 90  
Prenatal One Multivitamin 150  
Women'S One Multivitamin 150  
Magnesium Calcium "+" 180  
Food Based Calcium  
Prenatal Multi Vitamin  
Chewable Calcium Citrate Multi-Mins 45  
Nutristart Multivitamin Powder 30

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki  
Organic Tangy BBQ Sauce  
Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

White Rice Loaf  
Brown Rice Loaf  
Light Brown Rice Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

White Rice Loaf  
Brown Rice Loaf  
Light Brown Rice Loaf

## **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**

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Chocolate Velvet

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

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Coconut Milk Mint Chip

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Coconut Milk Cookie Dough

Organic Creamy Vanilla

Organic Chocolate Velvet

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## **Nutritional Supplements**

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Organic Womens Multi Vitamin

Prenatal Multi Vitamin

## **Sauces/Salsas/Dips**

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Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce