

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Paramus 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

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

### Ener-G Foods

Egg Replacer

### 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 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

Organic Maple Buckwheat Flakes

## Condiments

### Organicville

Original BBQ Sauce

### Organicville

### Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Tangy BBQ Sauce

## Cookies and Snack Bars

### 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 Creamy Vanilla

Organic Chocolate Velvet

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

## 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

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

## **Ethnic Foods**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## **Frozen Foods**

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

- Chicken Nuggets, Allergen Free
- Fish Sticks, Allergen Free
- 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
- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis

### **Van's International Foods**

- Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

### **Maranatha**

- Tahini Roasted

## **Nutritional Supplements**

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

- Max Potency Multivitamin
- Vitamin C

### **Pioneer Nutrition**

- Comprehensive Super E + 60ct
- Children's Multi 120ct

### **Pioneer Nutrition**

- Calcium Magnesium, Vegetarian- 60 tab
- Calcium Magnesium- 120 tab
- Glucosamine Chondroitin Complex- 120 tab

### **Rainbow Light**

- Men'S One Multivitamin 30
- Men'S One Multivitamin 150
- Kid'S One Multistars 30
- Super C 1000 60
- Active Senior Multivitamin 90
- Gummy Omegalicious 30
- Prenatal Petite Multivitamin 90
- Organic Womens Multi Vitamin
- Kid'S One Multistars 90
- Magnesium Calcium "+" 90
- Vitamin D 1,000 Iu Gummies 50
- Pain - Eze 30
- Women'S One Multivitamin 30
- Women'S One Multivitamin 90
- Counter Attack 30
- Men'S One Multivitamin 90
- Vitamin D 1,000 Iu Gummies 100
- Everyday Calcium With Enzymes 120

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

- Just Once Iron-Free Multivitamin 120
- Active Senior Multivitamin 30
- Prenatal One Multivitamin 30
- Active Health Teen Multivitamin 90
- Prenatal One Multivitamin 90
- Women'S One Multivitamin 150
- Complete Iron System 60
- Calcium Citrate Mini Tabs 120
- Vitamin D 400 Iu Gummies 60
- Gummy Power Sours 30
- Nutristart Multivitamin Powder 30
- Prenatal One Multivitamin 150
- Food Based Calcium
- Food Based Calcium

### **Vibrant Health**

- Dumontiaceae Red Algae
- Joint Vibrance Powder
- Cholesterol Blocker

## **Sauces/Salsas/Dips**

### **Organicville**

- Original BBQ Sauce

### **Organicville**

- Organic Sesame Teriyaki
- Organic Island Teriyaki
- Organic Tangy BBQ Sauce

## **Baking Needs**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

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

### **Ener-G Foods**

- Egg Replacer

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

## **Cereal**

### **Arrowhead Mills**

### **Arrowhead Mills (Cont'd)**

Organic Rice & Shine Hot Cereal  
Organic Maple Buckwheat Flakes  
Organic Yellow Corn Grits

### **Condiments**

#### **OrganicVille**

Original BBQ Sauce

#### **Organicville**

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

### **Cookies and Snack Bars**

#### **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

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

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

### **Entrees and Mixes**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

#### **Cherrybrook Kitchen**

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

### **Ethnic Foods**

#### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

### **Frozen Foods**

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

Chicken Nuggets, Allergen Free  
Fish Sticks, Allergen Free  
French Toast Sticks, Wheat Free Gluten Free

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

### **So Delicious (Cont'd)**

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

#### **Van's International Foods**

Gluten Free Homestyle Pancakes

### **Jams and Nut Butters**

#### **Maranatha**

Tahini Roasted

### **Nutritional Supplements**

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

Max Potency Multivitamin  
Vitamin C

#### **Pioneer Nutrition**

Children's Multi 120ct  
Comprehensive Super E + 60ct

#### **Pioneer Nutrition**

Glucosamine Chondroitin Complex- 120 tab  
Calcium Magnesium- 120 tab  
Calcium Magnesium, Vegetarian- 60 tab

#### **Rainbow Light**

Calcium Citrate Mini Tabs 120  
Prenatal One Multivitamin 30  
Women'S One Multivitamin 30  
Kid'S One Multistars 90  
Men'S One Multivitamin 30  
Counter Attack 30  
Kid'S One Multistars 30  
Gummy Power Sours 30  
Everyday Calcium With Enzymes 120  
Pain - Eze 30  
Active Senior Multivitamin 30  
Prenatal Petite Multivitamin 90  
Women'S One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Men'S One Multivitamin 150  
Food Based Calcium  
Super C 1000 60  
Active Senior Multivitamin 90  
Prenatal One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Food Based Calcium  
Active Health Teen Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 150  
Gummy Omegalicious 30  
Magnesium Calcium "+" 90  
Organic Womens Multi Vitamin  
Just Once Iron-Free Multivitamin 120  
Prenatal One Multivitamin 150  
Men'S One Multivitamin 90

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

Complete Iron System 60  
Nutristart Multivitamin Powder 30

### **Vibrant Health**

Joint Vibrance Powder  
Cholesterol Blocker  
Dumontiaceae Red Algae

### **Sauces/Salsas/Dips**

#### **OrganicVille**

Original BBQ Sauce

#### **Organicville**

Organic Tangy BBQ Sauce  
Organic Sesame Teriyaki  
Organic Island Teriyaki

### **Baking Needs**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

#### **Ener-G Foods**

Egg Replacer

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

### **Cereal**

#### **Arrowhead Mills**

Organic Maple Buckwheat Flakes  
Organic Rice & Shine Hot Cereal  
Organic Yellow Corn Grits

### **Condiments**

#### **OrganicVille**

Original 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**

#### **Ener-G Foods**

Egg Replacer

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

### **So Delicious (Cont'd)**

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

### **Entrees and Mixes**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Frozen Foods**

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

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

#### **Van's International Foods**

Gluten Free Homestyle Pancakes

### **Nutritional Supplements**

#### **Rainbow Light**

Organic Womens Multi Vitamin

### **Sauces/Salsas/Dips**

#### **OrganicVille**

Original BBQ Sauce