

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Palm Beach Gardens Store, Florida 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

- White Rice Loaf
- Hi-Fiber Loaf
- Tapioca Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- White Rice Loaf
- Hi-Fiber Loaf
- Tapioca Loaf

### Candy and Chocolate

#### Enjoy Life

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

### Cereal

#### Arrowhead Mills

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

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, French
- Organic Ketchup
- Organic Tangy BBQ Sauce
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Miso Ginger 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 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
- Soft Baked Gingerbread Spice Cookies

#### Glutino

- Blueberry Breakfast Bars

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### Purely Decadent

- Purely Decadent Cookie Dough

### **Purely Decadent (Cont'd)**

Coconut Milk Mint Chip

### **So Delicious**

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

### **Desserts**

#### **So Delicious**

Peanut Butter Zigzag

### **Entrees and Mixes**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ethnic Foods**

#### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

### **Frozen Foods**

#### **Purely Decadent**

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

#### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

### **Nutritional Supplements**

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

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Vitamin C

Alive w/o Fe added Cap

Alive Cap

#### **Rainbow Light**

Super C 1000 60

Gummy Power Sours 30

Kid'S One Multistars 90

Calcium Citrate Mini Tabs 120

Vitamin D 400 Iu Gummies 60

Just Once Multivitamin 60

Active Senior Multivitamin 30

Counter Attack 90

Prenatal One Multivitamin 90

Active Health Teen Multivitamin 90

Just Once Multivitamin 120

Nail, Hair & Skin Connection 60

Men'S One Multivitamin 30

Just Once Multivitamin 30

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

Prenatal One Multivitamin 30

Nutristart Multivitamin Powder 30

Prenatal Petite Multivitamin 90

Active Senior Multivitamin 90

Counter Attack 30

Gummy Omegalicious 30

Pain - Eze 30

Women'S One Multivitamin 90

Prenatal One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Magnesium Calcium "+" 180

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Magnesium Calcium "+" 90

Everyday Calcium With Enzymes 240

Men'S One Multivitamin 90

Everyday Calcium With Enzymes 120

Food Based Calcium

Kid'S One Multistars 30

### **Vibrant Health**

Joint Vibrance Powder

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

#### **Organicville**

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**

Hi-Fiber Loaf

White Rice Loaf

Tapioca Loaf

### **Baking Needs**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

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

Brown Rice Loaf Yeast Free

Egg Replacer

#### **Enjoy Life Foods**

Mini Chips

#### **Hain**

Baking Powder

### **Bread**

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

Hi-Fiber Loaf

White Rice Loaf

Brown Rice Loaf Yeast Free

## **Ener-G Foods (Cont'd)**

Tapioca 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

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, French

### **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 Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Gingerbread Spice Cookies

### **Glutino**

Blueberry Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### **So Delicious**

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Coconut Almond Minis

Peanut Butter Zigzag

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

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

Max Potency Multivitamin w/o Fe

Alive Cap

Vitamin C

Alive w/o Fe added Cap

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

### **Rainbow Light**

Just Once Multivitamin 120

Men'S One Multivitamin 90

Counter Attack 90

Everyday Calcium With Enzymes 120

Just Once Multivitamin 60

Magnesium Calcium "+" 180

Just Once Multivitamin 30

Nail, Hair & Skin Connection 60

Gummy Omegalicious 30

Active Senior Multivitamin 30

Prenatal One Multivitamin 90

Prenatal One Multivitamin 30

Men'S One Multivitamin 30

Kid'S One Multistars 90

Kid'S One Multistars 30

Women'S One Multivitamin 30

Active Health Teen Multivitamin 90

Super C 1000 60

Prenatal Petite Multivitamin 90

Pain - Eze 30

Vitamin D 1,000 Iu Gummies 100

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

Vitamin D 400 Iu Gummies 60  
Food Based Calcium  
Gummy Power Sours 30  
Counter Attack 30  
Men'S One Multivitamin 150  
Magnesium Calcium "+" 90  
Nutristart Multivitamin Powder 30  
Active Senior Multivitamin 90  
Everyday Calcium With Enzymes 240  
Food Based Calcium  
Calcium Citrate Mini Tabs 120  
Women'S One Multivitamin 90  
Prenatal One Multivitamin 150

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

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  
Tapioca Loaf  
Hi-Fiber Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Hi-Fiber Loaf  
White Rice Loaf  
Tapioca Loaf

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
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

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

Organic Yellow Corn Grits

## **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 Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Gingerbread Spice Cookies

### **Glutino**

Blueberry Breakfast Bars

### **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  
Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **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 Creamy Vanilla  
Organic Chocolate Velvet  
Coconut Milk Cookie Dough  
Peanut Butter Zigzag  
Coconut Almond Minis

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce