

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Port Chester 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

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 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

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Ketchup

Organicville (Cont'd)

Organic Dressing, Non Dairy Ranch

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

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

Coconut Almond Minis

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Entrees and Mixes

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

Ethnic Foods

Organicville

Organicville (Cont'd)

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

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

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

Vitamin C Complex- 500mg- 180 tab

Rainbow Light

Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Food Based Calcium
Men'S One Multivitamin 150
Nail, Hair & Skin Connection 60
Nutristart Multivitamin Powder 30
Prenatal Petite Multivitamin 90
Food Based Calcium
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 240
Women'S Nutritional System 180
Multi-Vitamin Mens
Organic Womens Multi Vitamin
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 150
Women'S One Multivitamin 150
Gummy Power Sours 30
Women'S One Multivitamin 90
Energy B-Complex 45
Just Once Multivitamin 120
Women'S One Multivitamin 30
Men'S One Multivitamin 30
Gummy Bear Essentials 30
Gummy Omegalicious 30
Prenatal Petite Multivitamin 180
Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60

Rainbow Light (Cont'd)

Counter Attack 30
Kid'S One Multistars 90
Men'S One Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

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

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

Cereal

Arrowhead Mills

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

Organicville (Cont'd)

Organic Dressing, Miso Ginger Vinaigrette

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 Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

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Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Organic Chocolate Velvet

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

Vitamin C Complex- 500mg- 180 tab

Rainbow Light

Prenatal Petite Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Gummy Power Sours 30

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Nail, Hair & Skin Connection 60

Food Based Calcium

Men'S One Multivitamin 90

Energy B-Complex 45

Prenatal One Multivitamin 90

Gummy Omegalicious 30

Just Once Multivitamin 120

Food Based Calcium

Prenatal One Multivitamin 30

Gummy Bear Essentials 30

Women'S One Multivitamin 150

Men'S One Multivitamin 150

Kid'S One Multistars 90

Vitamin D 1,000 Iu Gummies 100

Vitamin D 400 Iu Gummies 60

Multi-Vitamin Mens

Counter Attack 30

Nutristart Multivitamin Powder 30

Active Health Teen Multivitamin 90

Women'S Nutritional System 180

Everyday Calcium With Enzymes 240

Prenatal One Multivitamin 150

Organic Womens Multi Vitamin

Women'S One Multivitamin 90

Prenatal Petite Multivitamin 180

Vibrant Health

Dumontiaceae Red Algae

Joint Vibrance Powder

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 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 Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life Foods

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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

Organic Womens Multi Vitamin
Multi-Vitamin Mens

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce