

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Portland ME 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

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

Ener-G Foods

- Tapioca Flour
- Egg Replacer

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
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organicville (Cont'd)

- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Tangy BBQ Sauce
- 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 Caramel Apple Snack Bar
- 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
- Chocolate Covered Vanilla Coconut Minis
- Organic Creamy Vanilla

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Cherrybrook Kitchen (Cont'd)

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

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough
Peanut Butter Zigzag
Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet

Nutritional Supplements

Pioneer Nutrition

Calcium Magnesium- 120 tab

Rainbow Light

Magnesium Calcium "+" 180
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Magnesium Calcium "+" 90
Pain - Eze 30
Women'S One Multivitamin 30
Counter Attack 90
Active Health Teen Multivitamin 90
Men'S One Multivitamin 90
Multi-Vitamin Mens
Food Based Calcium
Active Senior Multivitamin 90
Everyday Calcium With Enzymes 240
Prenatal One Multivitamin 30
Kid'S One Multistars 90
Prenatal One Multivitamin 150
Organic Womens Multi Vitamin
Everyday Calcium With Enzymes 120
Gummy Bear Essentials 30
Just Once Multivitamin 120
Prenatal Petite Multivitamin 90
Just Once Iron-Free Multivitamin 120
Kid'S One Multistars 30
Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50
Men'S One Multivitamin 30
Gummy Omegalicious 30

Rainbow Light (Cont'd)

Women'S Nutritional System 180
Vitamin D 400 Iu Gummies 60
Calcium Citrate Mini Tabs 120
Food Based Calcium
Active Senior Multivitamin 30
Gummy Power Sours 30
Prenatal One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

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

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

Tapioca Flour
Egg Replacer

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal
Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup
Organic Dressing, Miso Ginger Vinaigrette

Organicville (Cont'd)

- Organic Tangy BBQ Sauce
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- 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
- Gluten Free Caramel Apple 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

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Peanut Butter Zigzag
- Organic Creamy Vanilla
- Chocolate Covered Vanilla Coconut Minis

So Delicious (Cont'd)

- Coconut Milk Cookie Dough
- Organic Chocolate Velvet

Nutritional Supplements

Pioneer Nutrition

- Calcium Magnesium- 120 tab

Rainbow Light

- Prenatal One Multivitamin 90
- Men'S One Multivitamin 30
- Gummy Power Sours 30
- Magnesium Calcium "+" 90
- Women'S One Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Multi-Vitamin Mens
- Just Once Multivitamin 120
- Vitamin D 1,000 Iu Gummies 50
- Prenatal Petite Multivitamin 90
- Calcium Citrate Mini Tabs 120
- Organic Womens Multi Vitamin
- Women'S One Multivitamin 150
- Active Senior Multivitamin 30
- Prenatal One Multivitamin 30
- Women'S One Multivitamin 30
- Kid'S One Multistars 30
- Kid'S One Multistars 90
- Food Based Calcium
- Magnesium Calcium "+" 180
- Men'S One Multivitamin 90
- Counter Attack 90
- Just Once Iron-Free Multivitamin 120
- Pain - Eze 30
- Active Senior Multivitamin 90
- Active Health Teen Multivitamin 90
- Gummy Bear Essentials 30
- Everyday Calcium With Enzymes 120
- Everyday Calcium With Enzymes 240
- Prenatal One Multivitamin 150
- Women'S Nutritional System 180
- Vitamin D 1,000 Iu Gummies 100
- Food Based Calcium
- Gummy Omegalicious 30

Vibrant Health

- Joint Vibrance Powder

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

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate

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Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

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