

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Ridgewood 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

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

Breakfast Foods

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 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

Organic Yellow Corn Grits

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

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

So Delicious

Coconut Almond Minis

Entrees and Mixes

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Van's International Foods

Van's International Foods (Cont'd)

Gluten Free Homestyle Pancakes

Jams and Nut Butters

Maranatha

Tahini Roasted

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Vitamin C

Alive Cap

Pioneer Nutrition

Vitamin C Complex- 500mg- 180 tab

Children's Multi 120ct

Vitamin C Complex- 1000mg- 60 tab

Vitamin C Complex 1000 MG 120ct

Chewable Vitamins / Minerals- 90 tab

Comprehensive Super E + 60ct

Pioneer Nutrition

Glucosamine Chondroitin Complex- 120 tab

Calcium Magnesium, Vegetarian- 60 tab

Vitamin Mineral, Chewable- 180 Wafers

Vegetarian Cal Mag- 90 Cap

Veg Cal Mag- 180 tab

Ipriflavone Calcium Magnesium- 150 tab

Rainbow Light

Kid'S One Multistars 90

Active Health Teen Multivitamin 90

Vitamin D 400 Iu Gummies 60

Kid'S One Multistars 30

Super C 1000 120

Just Once Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Organic Womens Multi Vitamin

Magnesium Calcium "+" 90

Gummy Bear Essentials 30

Food Based Calcium

Active Senior Multivitamin 90

Nail, Hair & Skin Connection 60

Women'S Nutritional System 180

Men'S One Multivitamin 90

Super C 1000 60

Women'S One Multivitamin 90

Just Once Multivitamin 120

Prenatal Petite Multivitamin 90

Food Based Calcium

Men'S One Multivitamin 30

Gummy Omegalicious 30

Vitamin D 1,000 Iu Gummies 50

Prenatal Multi Vitamin

Gummy Power Sours 30

Prenatal One Multivitamin 90

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 30

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

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

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 Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

So Delicious (Cont'd)

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

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

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

So Delicious

Coconut Milk Cookie Dough

Coconut Almond 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 w/o Fe

Alive Cap

Vitamin C

Pioneer Nutrition

Chewable Vitamins / Minerals- 90 tab

Vitamin C Complex- 500mg- 180 tab

Vitamin C Complex- 1000mg- 60 tab

Children's Multi 120ct

Comprehensive Super E + 60ct

Vitamin C Complex 1000 MG 120ct

Pioneer Nutrition

Vegetarian Cal Mag- 90 Cap

Veg Cal Mag- 180 tab

Calcium Magnesium, Vegetarian- 60 tab

Ipriflavone Calcium Magnesium- 150 tab

Vitamin Mineral, Chewable- 180 Wafers

Glucosamine Chondroitin Complex- 120 tab

Rainbow Light

Food Based Calcium

Gummy Bear Essentials 30

Prenatal One Multivitamin 90

Nail, Hair & Skin Connection 60

Just Once Multivitamin 30

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 100

Prenatal Multi Vitamin

Nutristart Multivitamin Powder 30

Super C 1000 60

Women'S One Multivitamin 30

Prenatal Petite Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Kid'S One Multistars 90

Gummy Power Sours 30

Kid'S One Multistars 30

Active Senior Multivitamin 90

Women'S Nutritional System 180

Men'S One Multivitamin 90

Just Once Multivitamin 120

Super C 1000 120

Women'S One Multivitamin 90

Gummy Omegalicious 30

Magnesium Calcium "+" 90

Men'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Organic Womens Multi Vitamin

Food Based Calcium

Active Health Teen Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

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 Yellow Corn Grits

Arrowhead Mills (Cont'd)

Organic Rice & Shine Hot Cereal
Organic Maple Buckwheat Flakes

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

So Delicious

Coconut Almond Minis

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**So Delicious**

Coconut Almond Minis
Coconut Milk Cookie Dough

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin
Organic Womens Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce