

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## River Street 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.

### Baked Goods

#### Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

### Baking Needs

#### Cherrybrook Kitchen

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

#### Ener-G Foods

- Tapioca Flour
- Egg Replacer

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

### Breakfast Foods

#### Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

### Cereal

#### Arrowhead Mills

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

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

- Organic Tangy BBQ Sauce
- Organic Dressing, Non Dairy Ranch
- Organic Ketchup
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Miso Ginger 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 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

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

### Desserts

#### So Delicious

- Peanut Butter Zigzag

## Entrees and Mixes

### Cherrybrook Kitchen

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

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

## Nutritional Supplements

### Nature's Way Alive!

Max Potency Multivitamin  
Alive Cap

### Rainbow Light

Food Based Calcium  
Men'S One Multivitamin 150  
Active Senior Multivitamin 90  
Kid'S One Multistars 30  
Gummy Omegalicious 30  
Just Once Multivitamin 120  
Food Based Calcium  
Super C 1000 60  
Men'S One Multivitamin 30  
Active Health Teen Multivitamin 90  
Men'S One Multivitamin 90  
Women'S One Multivitamin 30  
Vitamin D 1,000 Iu Gummies 50  
Prenatal One Multivitamin 90  
Nutristart Multivitamin Powder 30  
Vitamin D 400 Iu Gummies 60  
Prenatal Petite Multivitamin 90  
Women'S One Multivitamin 150  
Active Senior Multivitamin 30  
Prenatal Petite Multivitamin 180  
Prenatal One Multivitamin 30  
Kid'S One Multistars 90  
Complete B-Complex 90  
Vitamin D 1,000 Iu Gummies 100

### Vibrant Health

Joint Vibrance Powder

## Sauces/Salsas/Dips

### Organicville

Original BBQ Sauce

### Organicville

Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce  
Organic Island Teriyaki

### The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## Baked Goods

### Ener-G Foods

Brown Rice Loaf  
Tapioca Loaf

## Baking Needs

### Cherrybrook Kitchen

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

### Ener-G Foods

Egg Replacer  
Tapioca Flour

### Enjoy Life Foods

Mini Chips

### Hain

Baking Powder

## Bread

### Ener-G Foods

Tapioca Loaf  
Brown Rice Loaf

## Breakfast Foods

### Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

## 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 Tangy BBQ Sauce  
Organic Dressing, Non Dairy Ranch  
Organic Ketchup  
Organic Dressing, Miso Ginger 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

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

Sugar Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

## **Ethnic Foods**

### **Organicville**

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**

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Peanut Butter Zigzag

## **Nutritional Supplements**

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

Alive Cap

Max Potency Multivitamin

### **Rainbow Light**

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

Prenatal One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 30

Gummy Omegalicious 30

Men'S One Multivitamin 30

Complete B-Complex 90

Vitamin D 1,000 Iu Gummies 50

Active Senior Multivitamin 90

Active Senior Multivitamin 30

Just Once Multivitamin 120

Food Based Calcium

Super C 1000 60

Men'S One Multivitamin 90

Food Based Calcium

Active Health Teen Multivitamin 90

Prenatal Petite Multivitamin 90

Prenatal Petite Multivitamin 180

Women'S One Multivitamin 30

Prenatal One Multivitamin 90

Women'S One Multivitamin 150

Kid'S One Multistars 90

Nutristart Multivitamin Powder 30

Men'S One Multivitamin 150

Vitamin D 400 Iu Gummies 60

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

Organic Tangy BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Tapioca Loaf

Brown Rice Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

### **Ener-G Foods**

Egg Replacer

Tapioca Flour

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf

Tapioca Loaf

## **Cereal**

### **Arrowhead Mills**

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

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

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

- Sugar Cookie Mix

## **Frozen Foods**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce