

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Somerville 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

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

Ener-G Foods

- 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 w/ Crispy Rice Chocolate Bar

Condiments

Organicville

- Original BBQ Sauce

Organicville

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

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

Dairy Alternatives

Ener-G Foods

- Egg Replacer

So Delicious

- Organic Chocolate Velvet
- Organic Creamy Vanilla

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

So Delicious

- Peanut Butter Zigzag
- Organic Creamy Vanilla
- Organic Chocolate Velvet

Nutritional Supplements

Rainbow Light

- Prenatal One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 50
- Kid'S One Multistars 30
- Just Once Iron-Free Multivitamin 120
- Kid'S One Multistars 90
- Counter Attack 30
- Vitamin D 400 Iu Gummies 60
- Women'S One Multivitamin 90
- Prenatal One Multivitamin 90
- Prenatal One Multivitamin 30
- Men'S One Multivitamin 30
- Food Based Calcium
- Active Senior Multivitamin 90
- Women'S One Multivitamin 30

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

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

- 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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Miso Ginger Vinaigrette

Organicville (Cont'd)

- Organic Tangy BBQ Sauce
- Organic Ketchup
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

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

Dairy Alternatives

Ener-G Foods

- Egg Replacer

So Delicious

- Organic Chocolate Velvet
- Organic Creamy Vanilla

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

- Pancake and Baking Wheat Free/Gluten Free Mix
- Sugar Cookie 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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki
- Organic Island Teriyaki

Frozen Foods

So Delicious

- Organic Creamy Vanilla
- Peanut Butter Zigzag
- Organic Chocolate Velvet

Nutritional Supplements

Rainbow Light

- Vitamin D 1,000 Iu Gummies 50
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- Prenatal One Multivitamin 90
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- Food Based Calcium
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- Active Senior Multivitamin 90
- Just Once Iron-Free Multivitamin 120
- Women'S One Multivitamin 90
- Kid'S One Multistars 90
- Kid'S One Multistars 30

Rainbow Light (Cont'd)

Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Counter Attack 30

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

Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate**Enjoy Life**

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

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 Snickerdoodle Cookies Classic Sprinkled
Cinnamon
Soft Baked Chocolate Chip Cookies

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Organic Chocolate Velvet
Organic Creamy Vanilla

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Cherrybrook Kitchen**

Sugar Cookie Mix

Frozen Foods**So Delicious**

Peanut Butter Zigzag

So Delicious (Cont'd)

Organic Chocolate Velvet
Organic Creamy Vanilla

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce