

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## North Miami Store, Florida 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

- Hi-Fiber Loaf
- White Rice Loaf
- Light Brown Rice Loaf
- Tapioca Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- Egg Replacer

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- White Rice Loaf
- Hi-Fiber Loaf
- Light Brown Rice Loaf
- Tapioca Loaf

### 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 Yellow Corn Grits

### Arrowhead Mills (Cont'd)

- Organic Rice & Shine Hot Cereal

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

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

### Cookies and Snack Bars

#### Enjoy Life

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Very Berry Snack Bar

#### Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Gingerbread Spice Cookies

#### Glutino

- Blueberry Breakfast Bars

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### Purely Decadent

## **Purely Decadent (Cont'd)**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

## **So Delicious**

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

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### **So Delicious**

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

## **Nutritional Supplements**

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

Alive Cap  
Max Potency Multivitamin w/o Fe  
Alive w/o Fe added Cap  
Max Potency Multivitamin  
Vitamin C  
Max Potency Multivitamin w/o Fe  
Max Potency Multivitamin  
Max Potency Multivitamin

### **Rainbow Light**

Men'S One Multivitamin 150  
Gummy Power Sours 30  
Magnesium Calcium "+" 90  
Kid'S One Multistars 90  
Active Senior Multivitamin 90  
Everyday Calcium With Enzymes 240  
Prenatal One Multivitamin 30  
Active Health Teen Multivitamin 90  
Just Once Multivitamin 120  
Complete Iron System 60  
Prenatal Petite Multivitamin 90  
Men'S One Multivitamin 30

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

Counter Attack 30  
Gummy Omegalicious 30  
Nail, Hair & Skin Connection 60  
Vitamin D 400 Iu Gummies 60  
Calcium Citrate Mini Tabs 120  
Men'S One Multivitamin 90  
Everyday Calcium With Enzymes 120  
Vitamin D 1,000 Iu Gummies 100  
Women'S One Multivitamin 30  
Magnesium Calcium "+" 180  
Women'S One Multivitamin 90  
Nutristart Multivitamin Powder 30  
Food Based Calcium  
Pain - Eze 30  
Kid'S One Multistars 30  
Active Senior Multivitamin 30  
Counter Attack 90  
Prenatal One Multivitamin 90  
Just Once Multivitamin 60  
Just Once Multivitamin 30  
Prenatal One Multivitamin 150

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce  
Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Baked Goods**

### **Ener-G Foods**

Hi-Fiber Loaf  
Tapioca Loaf  
Light Brown Rice Loaf  
White Rice Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Brown Rice Loaf Yeast Free  
Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

White Rice Loaf  
Light Brown Rice Loaf  
Hi-Fiber Loaf

## **Ener-G Foods (Cont'd)**

Brown Rice Loaf Yeast Free  
Tapioca Loaf

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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Herbs de Provence Vinaigrette  
Organic Ketchup  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, French  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Very Berry 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 Gingerbread Spice Cookies  
Soft Baked Chocolate Chip Cookies

### **Glutino**

Blueberry Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### **So Delicious**

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

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### **So Delicious**

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

## **Nutritional Supplements**

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

Max Potency Multivitamin  
Vitamin C  
Max Potency Multivitamin  
Max Potency Multivitamin w/o Fe  
Max Potency Multivitamin  
Max Potency Multivitamin w/o Fe  
Alive w/o Fe added Cap  
Alive Cap

### **Rainbow Light**

Vitamin D 400 Iu Gummies 60  
Kid'S One Multistars 30  
Prenatal One Multivitamin 90  
Men'S One Multivitamin 30  
Everyday Calcium With Enzymes 120  
Everyday Calcium With Enzymes 240  
Active Senior Multivitamin 90  
Nutristart Multivitamin Powder 30  
Men'S One Multivitamin 90  
Magnesium Calcium "+" 180  
Complete Iron System 60  
Gummy Omegalicious 30  
Food Based Calcium  
Men'S One Multivitamin 150  
Magnesium Calcium "+" 90  
Counter Attack 90  
Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 150  
Active Health Teen Multivitamin 90  
Active Senior Multivitamin 30

## Rainbow Light (Cont'd)

Pain - Eze 30  
Kid'S One Multistars 90  
Calcium Citrate Mini Tabs 120  
Gummy Power Sours 30  
Counter Attack 30  
Just Once Multivitamin 30  
Prenatal One Multivitamin 30  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Prenatal Petite Multivitamin 90  
Just Once Multivitamin 120  
Nail, Hair & Skin Connection 60  
Just Once Multivitamin 60

## Vibrant Health

Joint Vibrance Powder

## Sauces/Salsas/Dips

### OrganicVille

Original BBQ Sauce

### Organicville

Organic Island Teriyaki  
Organic Tangy BBQ Sauce  
Organic Sesame Teriyaki

## Baked Goods

### Ener-G Foods

Tapioca Loaf  
Light Brown Rice Loaf  
Hi-Fiber Loaf  
White Rice Loaf

## Baking Needs

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Ener-G Foods

Egg Replacer

### Enjoy Life Foods

Mini Chips

## Bread

### Ener-G Foods

White Rice Loaf  
Hi-Fiber Loaf  
Tapioca Loaf  
Light Brown Rice Loaf

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
Boom Choco Boom Dark 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

## Arrowhead Mills (Cont'd)

Organic Maple Buckwheat Flakes

## Condiments

### OrganicVille

Original BBQ Sauce

## Cookies and Snack Bars

### Enjoy Life

Gluten Free Very Berry Snack Bar  
Gluten Free Cocoa Loco Snack Bar

### Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Chocolate Chip Cookies  
Soft Baked Gingerbread Spice Cookies

### Glutino

Blueberry Breakfast Bars

### 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

## Desserts

### So Delicious

Peanut Butter Zigzag

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

## Frozen Foods

### Purely Decadent

Coconut Milk Mint Chip

### So Delicious

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

## Sauces/Salsas/Dips

### OrganicVille

Original BBQ Sauce