

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Swampscott 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
- White Rice Loaf
- Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

- Tapioca Flour
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf
- White Rice Loaf
- Tapioca Loaf

Breakfast Foods

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

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 Rice & Shine Hot Cereal

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

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 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

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

Entrees and Mixes

Cherrybrook Kitchen

Wheat Free/Gluten Free Brownie Mix

Vanilla Frosting Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Frosting 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

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 90

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Everyday Calcium With Enzymes 120

Magnesium Calcium "+" 90

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Just Once Multivitamin 120

Vitamin D 1,000 Iu Gummies 50

Nail, Hair & Skin Connection 60

Active Senior Multivitamin 30

Active Health Teen Multivitamin 90

Vitamin D 400 Iu Gummies 60

Gummy Bear Essentials 30

Kid'S One Multistars 90

Super C 1000 60

Pain - Eze 30

Men'S One Multivitamin 30

Rainbow Light (Cont'd)

Performance Energy Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Calcium Citrate Mini Tabs 120

Food Based Calcium

Prenatal One Multivitamin 30

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 90

Men'S One Multivitamin 150

Kid'S One Multistars 30

Active Senior Multivitamin 90

Counter Attack 90

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

White Rice Loaf

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Chocolate Frosting Mix

Vanilla Frosting Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free 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

White Rice Loaf

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

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 Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

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 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 Chocolate Velvet
Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Cherrybrook Kitchen (Cont'd)

Chocolate Frosting 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

Coconut Milk Cookie Dough
Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Nutritional Supplements

Rainbow Light

Prenatal Petite Multivitamin 90
Counter Attack 90
Food Based Calcium
Food Based Calcium
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 120
Active Senior Multivitamin 30
Women'S One Multivitamin 90
Active Health Teen Multivitamin 90
Gummy Bear Essentials 30
Magnesium Calcium "+" 90
Just Once Multivitamin 120
Women'S One Multivitamin 150
Nutristart Multivitamin Powder 30
Men'S One Multivitamin 150
Women'S One Multivitamin 30
Kid'S One Multistars 30
Men'S One Multivitamin 30
Vitamin D 400 Iu Gummies 60
Super C 1000 60
Nail, Hair & Skin Connection 60
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Men'S One Multivitamin 90
Calcium Citrate Mini Tabs 120
Performance Energy Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Pain - Eze 30
Active Senior Multivitamin 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organicville (Cont'd)

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
White Rice 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**

White Rice Loaf
Brown Rice Loaf
Tapioca 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 Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

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

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla
Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes**Cherrybrook Kitchen**

Sugar Cookie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Coconut Milk Cookie Dough
Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce