

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## South Weymouth 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

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

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

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

#### Organicville (Cont'd)

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch

#### The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### Cookies and Snack Bars

#### Enjoy Life

- Gleun Free Caramel Apple Snack Bar
- Gluten Free Cocoa Loco Snack Bar

#### Enjoy Life Foods

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

### 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

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

## **Cherrybrook Kitchen (Cont'd)**

Sugar Cookie Mix  
Wheat Free/Gluten Free Brownie Mix  
Chocolate Frosting Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Organic Chocolate Velvet  
Organic Creamy Vanilla  
Peanut Butter Zigzag

## **Nutritional Supplements**

### **Rainbow Light**

Active Senior Multivitamin 90  
Women'S One Multivitamin 90  
Men'S One Multivitamin 150  
Women'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Pain - Eze 30  
Prenatal One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Men'S One Multivitamin 30  
Kid'S One Multistars 90  
Prenatal Petite Multivitamin 90  
Nutrstart Multivitamin Powder 30  
Magnesium Calcium "+" 90  
Women'S One Multivitamin 30  
Counter Attack 30  
Prenatal One Multivitamin 150  
Food Based Calcium  
Kid'S One Multistars 30  
Food Based Calcium  
Active Health Teen Multivitamin 90  
Men'S One Multivitamin 90

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Cherrybrook Kitchen**

## **Cherrybrook Kitchen (Cont'd)**

Sugar Cookie Mix  
Chocolate Wheat Free/Gluten Free Cake Mix  
Chocolate Chip Wheat Free/Gluten Free Cookie Mix  
Wheat Free/Gluten Free Brownie Mix  
Chocolate Frosting 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

### **Hain**

Baking Powder

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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Tangy BBQ Sauce  
Organic Dressing, Olive Oil & Balsamic 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 Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Double Chocolate Brownie Cookies

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

## **So Delicious (Cont'd)**

Organic Creamy Vanilla  
Organic Chocolate Velvet

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla  
Organic Chocolate Velvet  
Chocolate Covered Vanilla Coconut Minis  
Peanut Butter Zigzag

## **Nutritional Supplements**

### **Rainbow Light**

Kid'S One Multistars 30  
Food Based Calcium  
Food Based Calcium  
Active Senior Multivitamin 90  
Magnesium Calcium "+" 90  
Counter Attack 30  
Vitamin D 1,000 Iu Gummies 100  
Prenatal Petite Multivitamin 90  
Nutristart Multivitamin Powder 30  
Prenatal One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 90  
Pain - Eze 30  
Women'S One Multivitamin 150  
Active Health Teen Multivitamin 90  
Kid'S One Multistars 90  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Men'S One Multivitamin 30  
Men'S One Multivitamin 150  
Men'S One Multivitamin 90

## **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**

Sugar Cookie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **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 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 Chocolate Chip Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Double Chocolate Brownie Cookies

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Organic Creamy Vanilla  
Organic Chocolate Velvet

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Sugar Cookie Mix

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Chocolate Velvet

Peanut Butter Zigzag

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