

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tribeca Store, Northeast 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

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie 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

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Van's International Foods

Gluten Free Homestyle Pancakes

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 Yellow Corn Grits

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Original BBQ Sauce

Organicville

Organicville (Cont'd)

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip 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

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Ethnic Foods

Organicville

Organicville (Cont'd)

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Fish Sticks, Allergen Free
Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Jams and Nut Butters

Maranatha

Tahini Roasted

Nutritional Supplements

Nature's Way Alive!

Vitamin C
Max Potency Multivitamin
Max Potency Multivitamin

Rainbow Light

Candida Cleanse 60
Super C 1000 120
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 150
Kid'S One Multistars 30
Active Senior Multivitamin 90
Nutristart Multivitamin Powder 30
Men'S One Multivitamin 30
Women'S One Multivitamin 150
Just Once Multivitamin 30
Kid'S One Multistars 90
Gummy Power Sours 30
Pain - Eze 30
Super C 1000 60
Counter Attack 30
Active Health Teen Multivitamin 90
Everyday Calcium With Enzymes 120
Active Senior Multivitamin 30
Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Magnesium Calcium "+" 90
Multi-Vitamin Mens
Vitamin D 400 Iu Gummies 60
Organic Womens Multi Vitamin
Food Based Calcium
Women'S One Multivitamin 90
Just Once Multivitamin 120

Rainbow Light (Cont'd)

Prenatal Petite Multivitamin 90
Just Once Multivitamin 60
Women'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Prenatal Petite Multivitamin 180
Nail, Hair & Skin Connection 60
Prenatal Multi Vitamin
Men'S One Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae
Cholesterol Blocker

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Van's International Foods

Gluten Free Homestyle Pancakes

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organicville (Cont'd)

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

Cookies and Snack Bars

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
- Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Chicken Nuggets, Allergen Free
- Fish Sticks, Allergen Free
- 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
- Coconut Almond Minis

Van's International Foods

- Gluten Free Homestyle Pancakes

Jams and Nut Butters

Maranatha

- Tahini Roasted

Nutritional Supplements

Nature's Way Alive!

- Vitamin C
- Max Potency Multivitamin
- Max Potency Multivitamin

Rainbow Light

- Vitamin D 400 Iu Gummies 60
- Women'S One Multivitamin 30
- Men'S One Multivitamin 30
- Men'S One Multivitamin 150
- Nutristart Multivitamin Powder 30
- Kid'S One Multistars 90
- Everyday Calcium With Enzymes 120
- Just Once Multivitamin 60
- Active Health Teen Multivitamin 90
- Kid'S One Multistars 30
- Prenatal Multi Vitamin
- Prenatal One Multivitamin 150
- Magnesium Calcium "+" 90
- Counter Attack 30
- Food Based Calcium
- Candida Cleanse 60
- Active Senior Multivitamin 90
- Prenatal One Multivitamin 30
- Just Once Multivitamin 30
- Calcium Citrate Mini Tabs 120
- Vitamin D 1,000 Iu Gummies 50
- Multi-Vitamin Mens
- Women'S One Multivitamin 150
- Active Senior Multivitamin 30
- Women'S One Multivitamin 90
- Organic Womens Multi Vitamin
- Super C 1000 120
- Just Once Multivitamin 120
- Prenatal Petite Multivitamin 90
- Nail, Hair & Skin Connection 60
- Men'S One Multivitamin 90
- Gummy Power Sours 30
- Super C 1000 60
- Pain - Eze 30
- Prenatal Petite Multivitamin 180

Vibrant Health

- Cholesterol Blocker
- Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

- Original BBQ Sauce

Organicville

- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce
- Organic Island Teriyaki

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Gluten Free Homestyle Pancakes

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