

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



University 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 Frosting Mix
- Sugar Cookie Mix
- Pancake and Baking Wheat Free/Gluten Free 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
- Vanilla Frosting 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

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice 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

Organicville (Cont'd)

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

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

Entrees and Mixes

Cherrybrook Kitchen

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

Cherrybrook Kitchen (Cont'd)

Chocolate Chip Wheat Free/Gluten Free Cookie Mix
Chocolate Frosting Mix
Gluten Free/Wheat Free Yellow Cake Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Wheat Free/Gluten Free Brownie Mix
Vanilla Frosting Mix

Ethnic Foods

Organicville

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

Pioneer Nutrition

Chewable Vitamins / Minerals- 90 tab

Pioneer Nutrition

Vitamin Mineral, Chewable- 180 Wafers
Vegetarian Cal Mag- 90 Cap

Rainbow Light

Vitamin D 1,000 Iu Gummies 50
Nail, Hair & Skin Connection 60
Chewable Calcium Citrate Multi-Mins 45
Prenatal One Multivitamin 90
Magnesium Calcium "+" 180
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Counter Attack 30
Women'S Nutritional System 180
Prenatal One Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 150
Active Health Teen Multivitamin 90
Men'S One Multivitamin 90
Prenatal One Multivitamin 150
Everyday Calcium With Enzymes 120
Vitamin D 400 Iu Gummies 60
Prenatal Petite Multivitamin 90
Calcium Citrate Mini Tabs 120
Pain - Eze 30
Prenatal Multi Vitamin
Kid'S One Multistars 90
Women'S One Multivitamin 150
Counter Attack 90
Women'S One Multivitamin 30
Kid'S One Multistars 30

Rainbow Light (Cont'd)

Active Senior Multivitamin 90
Super C 1000 60

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Cherrybrook Kitchen

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

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Candy and Chocolate

Enjoy Life

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
Organic Yellow Corn Grits

Condiments

Organicville

Original BBQ Sauce

Organicville

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

Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic 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 Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

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

Chocolate Frosting Mix

Wheat Free/Gluten Free Brownie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Pioneer Nutrition

Chewable Vitamins / Minerals- 90 tab

Pioneer Nutrition

Vegetarian Cal Mag- 90 Cap

Vitamin Mineral, Chewable- 180 Wafers

Rainbow Light

Counter Attack 30

Men'S One Multivitamin 30

Calcium Citrate Mini Tabs 120

Magnesium Calcium "+" 180

Pain - Eze 30

Prenatal Multi Vitamin

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Active Health Teen Multivitamin 90

Counter Attack 90

Men'S One Multivitamin 150

Women'S One Multivitamin 90

Prenatal One Multivitamin 30

Nail, Hair & Skin Connection 60

Women'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Active Senior Multivitamin 90

Prenatal One Multivitamin 150

Women'S Nutritional System 180

Women'S One Multivitamin 30

Kid'S One Multistars 30

Everyday Calcium With Enzymes 120

Chewable Calcium Citrate Multi-Mins 45

Vitamin D 400 Iu Gummies 60

Super C 1000 60

Prenatal Petite Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Island 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 Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

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

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 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
Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes**Cherrybrook Kitchen**

Sugar Cookie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce