

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Union Square 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

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 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

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organicville (Cont'd)

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

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

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Organicville (Cont'd)

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Vitamin C

Rainbow Light

Food Based Calcium

Just Once Multivitamin 60

Prenatal Multi Vitamin

Kid'S One Multistars 90

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Active Senior Multivitamin 90

Food Based Calcium

Vitamin D 1,000 Iu Gummies 50

Active Health Teen Multivitamin 90

Probioactive 1B 90

Vitamin D 1,000 Iu Gummies 100

Energy B-Complex 45

Mintasure 75

Just Once Multivitamin 30

Nutristart Multivitamin Powder 30

Kid'S One Multistars 30

Active Senior Multivitamin 30

Counter Attack 90

Prenatal One Multivitamin 30

Prenatal One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Counter Attack 30

Super C 1000 60

Women'S One Multivitamin 90

Men'S One Multivitamin 30

Prenatal Petite Multivitamin 90

Magnesium Calcium "+" 180

Prenatal One Multivitamin 150

Vibrant Health

Dumontiaceae Red Algae

Vibrant Health (Cont'd)

Joint Vibrance Powder

Cholesterol Blocker

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Pancake and Baking Wheat Free/Gluten Free 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 Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

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

Organic Chocolate Velvet

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie 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

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Max Potency Multivitamin

Rainbow Light

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Probioactive 1B 90

Food Based Calcium

Nutristart Multivitamin Powder 30

Energy B-Complex 45

Counter Attack 30

Prenatal One Multivitamin 30

Kid'S One Multistars 30

Counter Attack 90

Food Based Calcium

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Rainbow Light (Cont'd)

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Active Senior Multivitamin 90

Prenatal Multi Vitamin

Prenatal One Multivitamin 90

Women'S One Multivitamin 90

Just Once Multivitamin 30

Men'S One Multivitamin 150

Super C 1000 60

Mintasure 75

Kid'S One Multistars 90

Calcium Citrate Mini Tabs 120

Just Once Multivitamin 60

Women'S One Multivitamin 150

Active Senior Multivitamin 30

Magnesium Calcium "+" 180

Vitamin D 1,000 Iu Gummies 100

Active Health Teen Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Cholesterol Blocker

Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Breakfast Foods

Van's International Foods

Gluten Free Homestyle Pancakes

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

Organic Yellow Corn Grits

Cookies and Snack Bars

Enjoy Life Foods

Enjoy Life Foods (Cont'd)

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

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Organic Chocolate Velvet

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin