

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Upper West Side 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.

Baked Goods

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

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 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

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

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

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

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

Cherrybrook Kitchen (Cont'd)

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

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 w/o Fe

Vitamin C

Alive Cap

Max Potency Multivitamin w/o Fe

Pioneer Nutrition

Vitamin C Complex- 500mg- 180 tab

Rainbow Light

Kid'S One Multistars 30

Vitamin D 1,000 Iu Gummies 50

Just Once Iron-Free Multivitamin 120

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 90

Rejuvenage 40+ Multi 120

Just Once Multivitamin 30

Prenatal One Multivitamin 30

Men'S One Multivitamin 90

Just Once Multivitamin 60

Active Senior Multivitamin 90

Active Health Teen Multivitamin 90

Women'S One Multivitamin 150

Just Once Multivitamin 120

Vitamin D 400 Iu Gummies 60

Active Senior Multivitamin 30

Super C 1000 60

Women'S One Multivitamin 90

Men'S One Multivitamin 30

Prenatal Multi Vitamin

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Counter Attack 30

Gummy Power Sours 30

Everyday Calcium With Enzymes 120

Rainbow Light (Cont'd)

Prenatal Petite Multivitamin 90

Calcium Citrate Mini Tabs 120

Everyday Calcium With Enzymes 240

Kid'S One Multistars 90

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 150

Pain - Eze 30

Multi-Vitamin Mens

Organic Womens Multi Vitamin

Food Based Calcium

Food Based Calcium

Magnesium Calcium "+" 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Baked Goods

WFM Gluten Free Bakehouse

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Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

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 Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark 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 Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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

WFM Gluten Free Bakehouse

Molasses Ginger 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

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

Ethnic Foods**Organicville**

Organic Island Teriyaki

Organic Sesame 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

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Van's International Foods**Van's International Foods (Cont'd)**

Gluten Free Homestyle Pancakes

Nutritional Supplements**Nature's Way Alive!**

Max Potency Multivitamin w/o Fe

Vitamin C

Alive Cap

Max Potency Multivitamin w/o Fe

Pioneer Nutrition

Vitamin C Complex- 500mg- 180 tab

Rainbow Light

Prenatal One Multivitamin 90

Rejuvenage 40+ Multi 120

Kid'S One Multistars 30

Women'S One Multivitamin 90

Multi-Vitamin Mens

Prenatal One Multivitamin 150

Magnesium Calcium "+" 90

Kid'S One Multistars 90

Prenatal Petite Multivitamin 90

Just Once Multivitamin 60

Food Based Calcium

Prenatal Petite Multivitamin 180

Active Health Teen Multivitamin 90

Active Senior Multivitamin 30

Men'S One Multivitamin 30

Just Once Multivitamin 30

Prenatal One Multivitamin 30

Prenatal Multi Vitamin

Nutristart Multivitamin Powder 30

Super C 1000 60

Everyday Calcium With Enzymes 240

Counter Attack 30

Vitamin D 1,000 Iu Gummies 50

Active Senior Multivitamin 90

Women'S One Multivitamin 150

Men'S One Multivitamin 150

Men'S One Multivitamin 90

Just Once Iron-Free Multivitamin 120

Vitamin D 400 Iu Gummies 60

Gummy Power Sours 30

Organic Womens Multi Vitamin

Calcium Citrate Mini Tabs 120

Food Based Calcium

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 30

Just Once Multivitamin 120

Pain - Eze 30

Vibrant Health

Joint Vibrance Powder

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

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

Cereal

Arrowhead Mills

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

Condiments

OrganicVille

- Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life Foods

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

- Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

- Organic Womens Multi Vitamin
- Multi-Vitamin Mens
- Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce