

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wayland 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.

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Ener-G Foods

White Rice Loaf Yeast Free

Tapioca Flour

Egg Replacer

Hain

Baking Powder

Bread

Ener-G Foods

White Rice Loaf Yeast Free

Tapioca Loaf

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Ketchup

Organic Dressing, French

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Glutino

Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Energy and Nutrition Bars/Drinks

Attune

Dark Chocolate Probiotic Bar

Entrees and Mixes

Cherrybrook Kitchen

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Vanilla Frosting Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Performance Energy Multivitamin 180

Women's One Multivitamin 30

Rainbow Light (Cont'd)

Kid'S One Multistars 90
Men'S One Multivitamin 30
Candida Cleanse 120
Vitamin D 400 Iu Gummies 60
Gummy Power Sours 30
Kid'S One Multistars 30
Gummy Bear Essentials 30
Prenatal Petite Multivitamin 180
Food Based Calcium

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

Egg Replacer
White Rice Loaf Yeast Free
Tapioca Flour

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Loaf
White Rice Loaf Yeast Free

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Dressing, French
Organic Ketchup

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies

Glutino

Blueberry Breakfast Bars

Dairy Alternatives

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Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Energy and Nutrition Bars/Drinks

Attune

Dark Chocolate Probiotic Bar

Entrees and Mixes

Cherrybrook Kitchen

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

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Performance Energy Multivitamin 180
Men'S One Multivitamin 30
Women'S One Multivitamin 30
Kid'S One Multistars 30
Gummy Bear Essentials 30
Gummy Power Sours 30
Vitamin D 400 Iu Gummies 60
Candida Cleanse 120
Food Based Calcium
Kid'S One Multistars 90
Prenatal Petite Multivitamin 180

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Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer
Tapioca Flour

Bread

Ener-G Foods

Tapioca Loaf

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies

Glutino

- Blueberry Breakfast Bars

Dairy Alternatives

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So Delicious

- Coconut Almond Minis