

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## White Plains 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

Gluten Free/Wheat Free Yellow 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

### 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 w/ Crispy Rice Chocolate Bar

## Cereal

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

## Condiments

### Organicville

Original BBQ Sauce

### Organicville

Organic Tangy BBQ Sauce

## Organicville (Cont'd)

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

## 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

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

## 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**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

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

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

### **Van's International Foods**

Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

### **Maranatha**

Tahini Roasted

## **Nutritional Supplements**

### **Pioneer Nutrition**

Chewable Vitamins / Minerals- 90 tab

### **Rainbow Light**

Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 150  
Gummy Bear Essentials 30  
Everyday Calcium With Enzymes 120  
Just Once Multivitamin 60  
Active Senior Multivitamin 30  
Gummy Power Sours 30  
Gummy Omegalicious 30  
Multi-Vitamin Mens  
Women'S One Multivitamin 30  
Men'S One Multivitamin 150  
Women'S One Multivitamin 90  
Men'S One Multivitamin 30  
Active Senior Multivitamin 90  
Nutristart Multivitamin Powder 30  
Vitamin D 400 Iu Gummies 60  
Super C 1000 120  
Prenatal One Multivitamin 90  
Kid'S One Multistars 90  
Organic Womens Multi Vitamin  
Active Health Teen Multivitamin 90  
Men'S One Multivitamin 90  
Complete Iron System 60  
Prenatal Petite Multivitamin 90  
Calcium Citrate Mini Tabs 120  
Counter Attack 30  
Food Based Calcium

### **Vibrant Health**

Dumontiaceae Red Algae

## **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**

Gluten Free/Wheat Free Yellow Cake Mix  
Pancake and Baking Wheat Free/Gluten Free 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

### **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 w/ Crispy Rice  
Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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

## **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

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

## **Entrees and Mixes**

### **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

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

French Toast Sticks, Wheat Free Gluten Free

Fish Sticks, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

## **So Delicious**

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

### **Van's International Foods**

Gluten Free Homestyle Pancakes

## **Jams and Nut Butters**

### **Maranatha**

Tahini Roasted

## **Nutritional Supplements**

### **Pioneer Nutrition**

Chewable Vitamins / Minerals- 90 tab

### **Rainbow Light**

Gummy Omegalicious 30

Prenatal One Multivitamin 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Super C 1000 120

Food Based Calcium

Prenatal One Multivitamin 150

Kid'S One Multistars 90

### **Rainbow Light (Cont'd)**

Men'S One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Active Health Teen Multivitamin 90

Active Senior Multivitamin 90

Complete Iron System 60

Gummy Bear Essentials 30

Active Senior Multivitamin 30

Just Once Multivitamin 60

Multi-Vitamin Mens

Organic Womens Multi Vitamin

Counter Attack 30

Gummy Power Sours 30

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Everyday Calcium With Enzymes 120

Men'S One Multivitamin 90

Prenatal Petite Multivitamin 90

### **Vibrant Health**

Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki

Organic Tangy BBQ Sauce

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 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

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Chocolate Chip Cookies
- 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**

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

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

### **Van's International Foods**

- Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

- Multi-Vitamin Mens
- Organic Womens Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce