

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Winston-Salem Store, South 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

#### Ener-G Foods

Egg Replacer

Tapioca Flour

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### 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 Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Twists

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

#### The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### Cookies and Snack Bars

#### Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Gluten Free Very Berry Snack Bar

#### Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice 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

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Chocolate Velvet

### Entrees and Mixes

## **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

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

Gluten Free Homestyle Pancakes

## **Nutritional Supplements**

### **Rainbow Light**

Women'S One Multivitamin 150

Active Health Teen Multivitamin 90

Active Senior Multivitamin 90

Prenatal One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 30

Kid'S One Multistars 90

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Kid'S One Multistars 30

Men'S One Multivitamin 30

Prenatal One Multivitamin 150

Women'S One Multivitamin 90

Nail, Hair & Skin Connection 60

Prenatal Petite Multivitamin 90

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

### **Ener-G Foods**

Egg Replacer

Tapioca Flour

## **Enjoy Life Foods**

Mini Chips

## **Hain**

Baking Powder

## **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 Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Gluten Free Very Berry Snack Bar

### **Enjoy Life Foods**

Soft Baked Gingerbread Spice Cookies

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**

### **So Delicious (Cont'd)**

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

### **Entrees and Mixes**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

#### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

### **Frozen Foods**

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

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

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

Gluten Free Homestyle Pancakes

### **Nutritional Supplements**

#### **Rainbow Light**

Women'S One Multivitamin 90  
Prenatal One Multivitamin 150  
Nail, Hair & Skin Connection 60  
Active Health Teen Multivitamin 90  
Food Based Calcium  
Men'S One Multivitamin 90  
Kid'S One Multistars 90  
Women'S One Multivitamin 150  
Men'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 30  
Nutristart Multivitamin Powder 30  
Vitamin D 400 Iu Gummies 60  
Vitamin D 1,000 Iu Gummies 100  
Prenatal Petite Multivitamin 90  
Kid'S One Multistars 30  
Vitamin D 1,000 Iu Gummies 50  
Prenatal One Multivitamin 30  
Active Senior Multivitamin 90

### **Nuts/Seeds/Dried Fruits**

#### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

### **Sauces/Salsas/Dips**

#### **OrganicVille**

Original BBQ Sauce

#### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### **Baking Needs**

#### **Arrowhead Mills**

### **Arrowhead Mills (Cont'd)**

Gluten Free Fudge Brownie Mix

#### **Ener-G Foods**

Tapioca Flour  
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 Rice & Shine Hot Cereal  
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 Very Berry Snack Bar  
Gluten Free Cocoa Loco Snack Bar

#### **Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Gingerbread Spice 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  
Coconut Almond Minis  
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**

Organic Chocolate Velvet

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

**Van's International Foods**

Gluten Free Homestyle Pancakes

**Nuts/Seeds/Dried Fruits****Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce