

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Wellington Store, Florida 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

- Hi-Fiber Loaf
- Tapioca Loaf
- Light Brown Rice Loaf
- Brown Rice Loaf
- White Rice Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- Egg Replacer

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Light Brown Rice Loaf
- White Rice Loaf
- Hi-Fiber Loaf
- Brown Rice Loaf Yeast Free
- Brown Rice Loaf
- Tapioca Loaf

### Candy and Chocolate

#### Enjoy Life

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

### Cereal

#### Arrowhead Mills

#### Arrowhead Mills (Cont'd)

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

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

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

#### Enjoy Life Foods

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

#### Glutino

- Blueberry Breakfast Bars

#### So Delicious

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### **So Delicious**

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Coconut Almond Minis

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive w/o Fe added Cap

Max Potency Multivitamin

Vitamin C

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Max Potency Multivitamin

Alive Cap

### **Rainbow Light**

Active Senior Multivitamin 30

Counter Attack 90

Magnesium Calcium "+" 180

Counter Attack 30

Kid'S One Multistars 30

Active Senior Multivitamin 90

Food Based Calcium

Pain - Eze 30

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

Magnesium Calcium "+" 90

Just Once Multivitamin 120

Prenatal One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 90

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 90

Just Once Multivitamin 30

Women'S One Multivitamin 90

Men'S One Multivitamin 150

Men'S One Multivitamin 30

Just Once Multivitamin 60

Gummy Power Sours 30

Complete Iron System 60

Food Based Calcium

Calcium Citrate Mini Tabs 120

Vitamin D 400 Iu Gummies 60

Prenatal Petite Multivitamin 90

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 150

Nutristart Multivitamin Powder 30

Nail, Hair & Skin Connection 60

Men'S One Multivitamin 90

Super C 1000 60

Women'S One Multivitamin 30

Everyday Calcium With Enzymes 240

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf

Hi-Fiber Loaf

Tapioca Loaf

White Rice Loaf

Light Brown Rice Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Brown Rice Loaf Yeast Free

Egg Replacer

## **Enjoy Life Foods**

Mini Chips

## **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Tapioca Loaf

White Rice Loaf

Hi-Fiber Loaf

Brown Rice Loaf

Light Brown Rice Loaf

Brown Rice Loaf Yeast Free

## **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 Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, Herbs de Provence Vinaigrette

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Sun 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 Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

### **Glutino**

Blueberry Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

Coconut Almond Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### **So Delicious**

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Organic Chocolate Velvet

Coconut Almond Minis

Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive Cap

Vitamin C

Alive w/o Fe added Cap

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

### **Rainbow Light**

Active Senior Multivitamin 30

Kid'S One Multistars 30

Prenatal One Multivitamin 150

Magnesium Calcium "+" 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Magnesium Calcium "+" 180

Prenatal One Multivitamin 30

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

Prenatal One Multivitamin 90  
Gummy Power Sours 30  
Calcium Citrate Mini Tabs 120  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 30  
Pain - Eze 30  
Prenatal Petite Multivitamin 90  
Counter Attack 30  
Counter Attack 90  
Active Health Teen Multivitamin 90  
Men'S One Multivitamin 150  
Everyday Calcium With Enzymes 120  
Just Once Multivitamin 120  
Complete Iron System 60  
Nutrstart Multivitamin Powder 30  
Food Based Calcium  
Active Senior Multivitamin 90  
Super C 1000 60  
Women'S One Multivitamin 150  
Nail, Hair & Skin Connection 60  
Men'S One Multivitamin 90  
Women'S One Multivitamin 90  
Food Based Calcium  
Everyday Calcium With Enzymes 240  
Just Once Multivitamin 60  
Kid'S One Multistars 90  
Just Once Multivitamin 30

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki  
Organic Tangy BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

White Rice Loaf  
Tapioca Loaf  
Brown Rice Loaf  
Hi-Fiber Loaf  
Light Brown Rice Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Light Brown Rice Loaf  
Tapioca Loaf  
White Rice Loaf  
Brown Rice Loaf  
Hi-Fiber Loaf

## **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 Maple Buckwheat Flakes  
Organic Yellow Corn Grits

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **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 Sun Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookies

### **Glutino**

Blueberry Breakfast Bars

### **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  
Organic Chocolate Velvet  
Coconut Almond Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

**Arrowhead Mills (Cont'd)**

Gluten Free Fudge Brownie Mix

**Frozen Foods****Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

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

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce