

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wellesley 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
- Brown Rice Loaf
- White Rice Loaf

Baking Needs

Cherrybrook Kitchen

- Chocolate Wheat Free/Gluten Free Cake Mix
- Chocolate Chip Wheat Free/Gluten Free Cookie Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Sugar Cookie Mix
- Wheat Free/Gluten Free Brownie Mix
- Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

- Egg Replacer
- White Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf
- White Rice Loaf
- White Rice Loaf Yeast Free
- Tapioca Loaf

Breakfast Foods

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

Enjoy Life Foods

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

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Calcium Citrate Mini Tabs 120

Active Senior Multivitamin 90

Food Based Calcium

Just Once Multivitamin 60

Counter Attack 30

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 30

Gummy Omegalicious 30

Pain - Eze 30

Performance Energy Multivitamin 90

Women'S One Multivitamin 30

Active Senior Multivitamin 30

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Counter Attack 90

Prenatal One Multivitamin 30

Nutristart Multivitamin Powder 30

Food Based Calcium

Vitamin D 1,000 Iu Gummies 100

Prenatal Petite Multivitamin 90

Just Once Multivitamin 120

Vitamin D 400 Iu Gummies 60

Rainbow Light (Cont'd)

Just Once Iron-Free Multivitamin 120

Men'S One Multivitamin 150

Kid'S One Multistars 30

Active Health Teen Multivitamin 90

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

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

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Wheat Free/Gluten Free Brownie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

White Rice Loaf Yeast Free

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

White Rice Loaf

Brown Rice Loaf

Tapioca Loaf

White Rice Loaf Yeast Free

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Enjoy Life (Cont'd)

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
Organic Yellow Corn Grits
Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

Enjoy Life Foods

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

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix
Wheat Free/Gluten Free Brownie Mix
Sugar Cookie Mix
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

Organicville (Cont'd)

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Peanut Butter Zigzag
Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Vitamin D 1,000 Iu Gummies 100
Calcium Citrate Mini Tabs 120
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 90
Men'S One Multivitamin 30
Women'S One Multivitamin 90
Just Once Multivitamin 120
Active Senior Multivitamin 90
Women'S One Multivitamin 30
Vitamin D 400 Iu Gummies 60
Food Based Calcium
Kid'S One Multistars 90
Men'S One Multivitamin 150
Counter Attack 30
Prenatal One Multivitamin 30
Nuristart Multivitamin Powder 30
Prenatal Petite Multivitamin 90
Active Senior Multivitamin 30
Counter Attack 90
Men'S One Multivitamin 90
Kid'S One Multistars 30
Prenatal One Multivitamin 150
Everyday Calcium With Enzymes 120
Food Based Calcium
Vitamin D 1,000 Iu Gummies 50
Just Once Iron-Free Multivitamin 120
Gummy Omegalicious 30
Women'S One Multivitamin 150
Pain - Eze 30
Just Once Multivitamin 60
Performance Energy Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

White Rice Loaf

Baking Needs

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

White Rice Loaf

Tapioca Loaf

Brown Rice Loaf

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 Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

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Original BBQ Sauce

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Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

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Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

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Sugar Cookie Mix

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Sauces/Salsas/Dips

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Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce