

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Woburn 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

Wheat Free/Gluten Free Brownie Mix

Chocolate Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Vanilla Frosting Mix

Sugar Cookie Mix

Ener-G Foods

White Rice Loaf Yeast Free

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

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 Dark Chocolate Bar

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger 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 Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Vanilla Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Sugar Cookie Mix

Chocolate Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Wheat Free/Gluten Free Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 90

Pain - Eze 30

Food Based Calcium

Nutristart Multivitamin Powder 30

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 90

Counter Attack 90

Chewable Calcium Citrate Multi-Mins 45

Prenatal Petite Multivitamin 90

Calcium Citrate Mini Tabs 120

Multi-Vitamin Mens

Women'S One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Magnesium Calcium "+" 90

Men'S One Multivitamin 30

Men'S One Multivitamin 150

Kid'S One Multistars 30

Gummy Power Sours 30

Prenatal One Multivitamin 30

Prenatal One Multivitamin 90

Prenatal One Multivitamin 150

Rainbow Light (Cont'd)

Magnesium Calcium "+" 180

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Active Health Teen Multivitamin 90

Food Based Calcium

Active Senior Multivitamin 30

Active Senior Multivitamin 90

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Chocolate Frosting Mix

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Vanilla Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Wheat Free/Gluten Free Brownie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Egg Replacer

White Rice Loaf Yeast Free

Tapioca Flour

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

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 Dark Chocolate Bar

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Arrowhead Mills (Cont'd)

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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 Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Frosting Mix

Wheat Free/Gluten Free Brownie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

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Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Nutritional Supplements

Rainbow Light

Magnesium Calcium "+" 90

Gummy Power Sours 30

Food Based Calcium

Women'S One Multivitamin 150

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 30

Women'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Counter Attack 90

Pain - Eze 30

Active Senior Multivitamin 30

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 90

Chewable Calcium Citrate Multi-Mins 45

Kid'S One Multistars 30

Men'S One Multivitamin 30

Calcium Citrate Mini Tabs 120

Prenatal One Multivitamin 150

Kid'S One Multistars 90

Women'S One Multivitamin 90

Multi-Vitamin Mens

Men'S One Multivitamin 90

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Magnesium Calcium "+" 180

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Everyday Calcium With Enzymes 120

Active Senior Multivitamin 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Cherrybrook Kitchen (Cont'd)

Sugar Cookie Mix

Ener-G Foods

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

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

Boom Choco Boom Dark Chocolate Bar

Cereal**Arrowhead Mills**

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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 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

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Cherrybrook Kitchen**

Sugar Cookie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

So Delicious (Cont'd)

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements**Rainbow Light**

Multi-Vitamin Mens

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce