

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Orange 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

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake 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 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 Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Condiments

Organicville

Organic Dressing, French

Organic Ketchup

Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

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

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Chip Wheat Free/Gluten Free Cookie 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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Van's International Foods

Gluten Free Homestyle Pancakes

Jams and Nut Butters

Maranatha

Tahini Roasted

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Alive Cap

Vitamin C

Pioneer Nutrition

Vitamin C Complex- 500mg- 180 tab

Rainbow Light

Kid'S One Multistars 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Food Based Calcium

Everyday Calcium With Enzymes 240

Active Health Teen Multivitamin 90

Women'S One Multivitamin 90

Gummy Power Sours 30

Gummy Omegalicious 30

Magnesium Calcium "+" 180

Active Senior Multivitamin 30

Kid'S One Multistars 30

Prenatal One Multivitamin 90

Prenatal One Multivitamin 30

Women'S One Multivitamin 150

Multi-Vitamin Mens

Calcium Citrate Mini Tabs 120

Just Once Iron-Free Multivitamin 120

Women'S One Multivitamin 30

Rejuvenage 40+ Multi 120

Energy B-Complex 45

Counter Attack 30

Just Once Multivitamin 30

Vitamin D 400 Iu Gummies 60

Organic Womens Multi Vitamin

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 150

Prenatal Petite Multivitamin 90

Performance Energy Multivitamin 90

Rainbow Light (Cont'd)

Food Based Calcium

Super C 1000 60

Vibrant Health

Dumontiaceae Red Algae

Joint Vibrance Powder

Cholesterol Blocker

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

Organic Island 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

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

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Enjoy Life Foods (Cont'd)

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

Coconut Almond Minis
Organic Chocolate Velvet
Organic Creamy Vanilla

Entrees and Mixes

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Jams and Nut Butters

Maranatha

Tahini Roasted

Nutritional Supplements

Nature's Way Alive!

Vitamin C
Alive Cap
Max Potency Multivitamin
Max Potency Multivitamin w/o Fe

Pioneer Nutrition

Vitamin C Complex- 500mg- 180 tab

Rainbow Light

Everyday Calcium With Enzymes 240
Women'S One Multivitamin 150
Food Based Calcium

Rainbow Light (Cont'd)

Food Based Calcium
Gummy Omegalicious 30
Nutristart Multivitamin Powder 30
Active Senior Multivitamin 30
Performance Energy Multivitamin 90
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Kid'S One Multistars 30
Prenatal One Multivitamin 30
Rejuvenage 40+ Multi 120
Energy B-Complex 45
Calcium Citrate Mini Tabs 120
Gummy Power Sours 30
Multi-Vitamin Mens
Just Once Multivitamin 30
Men'S One Multivitamin 30
Counter Attack 30
Vitamin D 400 Iu Gummies 60
Organic Womens Multi Vitamin
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Women'S One Multivitamin 90
Magnesium Calcium "+" 180
Super C 1000 60
Just Once Iron-Free Multivitamin 120
Vitamin D 1,000 Iu Gummies 50
Active Health Teen Multivitamin 90
Prenatal Petite Multivitamin 90

Vibrant Health

Cholesterol Blocker
Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island 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 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

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

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

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

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

- Gluten Free Homestyle Pancakes

Nutritional Supplements

Rainbow Light

- Organic Womens Multi Vitamin
- Multi-Vitamin Mens