

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Paces Ferry 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

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Wheat Free/Gluten Free Brownie Mix

#### Ener-G Foods

Tapioca Flour

Egg Replacer

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

### Cereal

#### Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Twists

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

#### Organicville (Cont'd)

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

#### The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### 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

#### Glutino

Apple Breakfast Bars

Blueberry Breakfast Bars

#### 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

Organic Creamy Vanilla

### Desserts

#### So Delicious

Peanut Butter Zigzag

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

## **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Pain - Eze 30  
Men'S One Multivitamin 150  
Food Based Calcium  
Men'S One Multivitamin 90  
Calcium Citrate Mini Tabs 120  
Magnesium Calcium "+" 180  
Men'S One Multivitamin 30  
Active Senior Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Prenatal One Multivitamin 150  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 30  
Prenatal One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Women'S One Multivitamin 90  
Kid'S One Multistars 30  
Women'S One Multivitamin 150  
Kid'S One Multistars 90  
Nutristart Multivitamin Powder 30  
Multi-Vitamin Mens  
Vitamin D 400 Iu Gummies 60  
Magnesium Calcium "+" 90  
Prenatal Petite Multivitamin 90  
Prenatal Petite Multivitamin 180  
Active Health Teen Multivitamin 90

### **Vibrant Health**

Joint Vibrance Powder

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

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

## **Organicville (Cont'd)**

Organic Island Teriyaki

## **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

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

### **Ener-G Foods**

Tapioca Flour  
Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar  
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

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

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists

## **Condiments**

### **Organicville**

Original BBQ Sauce

### **Organicville**

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

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

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

### **Glutino**

Apple Breakfast Bars

## **Glutino (Cont'd)**

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

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **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

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Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

### **Rainbow Light**

Food Based Calcium

Vitamin D 1,000 Iu Gummies 50

Active Senior Multivitamin 90

Men'S One Multivitamin 150

Kid'S One Multistars 30

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Pain - Eze 30

Men'S One Multivitamin 90

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Prenatal Petite Multivitamin 90

Magnesium Calcium "+" 180

Multi-Vitamin Mens

Men'S One Multivitamin 30

Active Health Teen Multivitamin 90

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

Vitamin D 1,000 Iu Gummies 100

Vitamin D 400 Iu Gummies 60

Calcium Citrate Mini Tabs 120

Women'S One Multivitamin 90

Prenatal One Multivitamin 150

Magnesium Calcium "+" 90

Prenatal Petite Multivitamin 180

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

### **Vibrant Health**

Joint Vibrance Powder

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

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

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Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

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Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Sugar Cookie Mix

### **Ener-G Foods**

Egg Replacer

Tapioca Flour

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

## **Condiments**

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Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

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Blueberry Breakfast Bars

Apple Breakfast Bars

**So Delicious**

Coconut Milk Cookie Dough

**Dairy Alternatives****Ener-G Foods**

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Chocolate Covered Vanilla Coconut Minis

**Desserts****So Delicious**

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**Nutritional Supplements****Rainbow Light**

Multi-Vitamin Mens

**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