

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Yonkers 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

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 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

Organicville

Original BBQ Sauce

Organicville

Organicville (Cont'd)

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Cookies and Snack Bars

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

Coconut Almond Minis

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Entrees and Mixes

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Organicville (Cont'd)

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

French Toast Sticks, Wheat Free Gluten Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Rainbow Light

Prenatal Petite Multivitamin 90

Calcium Citrate Mini Tabs 120

Everyday Calcium With Enzymes 240

Prenatal One Multivitamin 90

Prenatal One Multivitamin 150

Super C 1000 60

Women'S One Multivitamin 90

Kid'S One Multistars 90

Vitamin D 400 Iu Gummies 60

Active Senior Multivitamin 90

Mintasure 75

Counter Attack 30

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 90

Just Once Multivitamin 60

Active Senior Multivitamin 30

Candida Cleanse 60

Complete Iron System 60

Food Based Calcium

Gummy Power Sours 30

Prenatal Multi Vitamin

Women'S One Multivitamin 150

Gummy Omegalicious 30

Nutristart Multivitamin Powder 30

Food Based Calcium

Nail, Hair & Skin Connection 60

Active Health Teen Multivitamin 90

Complete B-Complex 90

Just Once Multivitamin 120

Multi-Vitamin Mens

Organic Womens Multi Vitamin

Rainbow Light (Cont'd)

Energy B-Complex 45

Pain - Eze 30

Vibrant Health

Cholesterol Blocker

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Chip Wheat Free/Gluten Free Cookie Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free 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 Chocolate Bar

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

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

Enjoy Life Foods (Cont'd)

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Chocolate Chip Cookies
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 Creamy Vanilla
Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet

Entrees and Mixes

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

Ethnic Foods

Organicville

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

Pain - Eze 30
Candida Cleanse 60
Complete B-Complex 90
Prenatal Multi Vitamin

Rainbow Light (Cont'd)

Mintasure 75
Nail, Hair & Skin Connection 60
Nutristart Multivitamin Powder 30
Complete Iron System 60
Prenatal Petite Multivitamin 90
Just Once Multivitamin 120
Just Once Multivitamin 60
Organic Womens Multi Vitamin
Calcium Citrate Mini Tabs 120
Vitamin D 400 Iu Gummies 60
Kid'S One Multistars 90
Multi-Vitamin Mens
Gummy Power Sours 30
Men'S One Multivitamin 90
Prenatal One Multivitamin 90
Prenatal One Multivitamin 150
Gummy Omegalicious 30
Active Senior Multivitamin 90
Food Based Calcium
Vitamin D 1,000 Iu Gummies 50
Active Health Teen Multivitamin 90
Super C 1000 60
Everyday Calcium With Enzymes 240
Active Senior Multivitamin 30
Energy B-Complex 45
Women'S One Multivitamin 90
Counter Attack 30
Food Based Calcium
Women'S One Multivitamin 150

Vibrant Health

Cholesterol Blocker
Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce
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

Enjoy Life (Cont'd)

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

OrganicVille (Cont'd)

Original BBQ Sauce

Cereal**Arrowhead Mills**

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

Condiments**OrganicVille**

Original BBQ 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

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
Coconut Almond Minis
Organic Chocolate Velvet
Organic Creamy Vanilla

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

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

Van's International Foods

Gluten Free Homestyle Pancakes

Nutritional Supplements**Rainbow Light**

Organic Womens Multi Vitamin
Prenatal Multi Vitamin
Multi-Vitamin Mens

Sauces/Salsas/Dips**OrganicVille**