

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Arabella Station Store, Southwest 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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Fingers, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Alive w/o Fe added Cap

Rainbow Light

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Gummy Omegalicious 30

Kid'S One Multistars 90

Prenatal One Multivitamin 90

Kid'S One Multistars 30

Women'S One Multivitamin 150

Food Based Calcium

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 90

Rainbow Light (Cont'd)

Prenatal One Multivitamin 150

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

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