

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Academy Store, Rocky Mountain 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

Brown Rice Loaf

### Baking Needs

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Enjoy Life Foods

Mini Chips

### Bread

#### Ener-G Foods

Brown Rice Loaf

### Cereal

#### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Condiments

#### Organicville

Organic Ketchup

#### 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

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Purely Decadent

Purely Decadent Cookie Dough

#### So Delicious

### So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

### Desserts

#### So Delicious

Peanut Butter Zigzag

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Ethnic Foods

#### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

### Frozen Foods

#### Purely Decadent

Purely Decadent Cookie Dough

#### So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Coconut Almond Minis

### Nutritional Supplements

#### Nature's Way Alive!

Alive Cap

#### Rainbow Light

Men'S One Multivitamin 30

Kid'S One Multistars 90

Everyday Calcium With Enzymes 240

Counter Attack 90

Women'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 90

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

Active Health Teen Multivitamin 90  
Food Based Calcium  
Prenatal Petite Multivitamin 90  
Prenatal One Multivitamin 30  
Vitamin D 1,000 Iu Gummies 50  
Active Senior Multivitamin 90  
Women'S One Multivitamin 30  
Magnesium Calcium "+" 180  
Food Based Calcium  
Prenatal One Multivitamin 150  
Men'S One Multivitamin 90

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal  
Organic Yellow Corn Grits

## **Condiments**

### **Organicville**

Organic Ketchup

### **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 Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Double Chocolate Brownie Cookies

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Purely Decadent**

Purely Decadent Cookie Dough

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Purely Decadent Cookie Dough

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis  
Peanut Butter Zigzag  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive Cap

### **Rainbow Light**

Active Senior Multivitamin 90  
Prenatal One Multivitamin 90  
Men'S One Multivitamin 30  
Food Based Calcium  
Magnesium Calcium "+" 180  
Prenatal Petite Multivitamin 90  
Prenatal One Multivitamin 150  
Active Health Teen Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Prenatal One Multivitamin 30  
Men'S One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium  
Nutristart Multivitamin Powder 30  
Women'S One Multivitamin 30  
Kid'S One Multistars 90  
Everyday Calcium With Enzymes 240  
Women'S One Multivitamin 90  
Counter Attack 90

## **Sauces/Salsas/Dips**

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Organic Island Teriyaki

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**Bread****Ener-G Foods**

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**Cereal****Arrowhead Mills**

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**Cookies and Snack Bars****Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

**So Delicious**

Coconut Milk Cookie Dough

**Dairy Alternatives****So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

**Desserts****So Delicious**

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