

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Asheville 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.

Baked Goods

Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Egg Replacer
- Tapioca Flour
- Brown Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf
- Brown Rice Loaf Yeast Free
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

- 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, Miso Ginger Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup
- Organic Dressing, Non Dairy Ranch

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Sun Bar

Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookies

Glutino

- 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

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Prenatal One Multivitamin 150

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

Calcium Citrate Mini Tabs 120

Prenatal One Multivitamin 90

Men'S One Multivitamin 30

Women'S One Multivitamin 150

Prenatal Petite Multivitamin 90

Magnesium Calcium "+" 90

Men'S One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 150

Active Senior Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Counter Attack 90

Kid'S One Multistars 90

Food Based Calcium

Food Based Calcium

Active Senior Multivitamin 90

Nail, Hair & Skin Connection 60

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Brown Rice Loaf Yeast Free

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Brown Rice Loaf Yeast Free

Tapioca Loaf

Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Ener-G Foods (Cont'd)

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Nutritional Supplements

Rainbow Light

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Women'S One Multivitamin 150

Counter Attack 90

Men'S One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Food Based Calcium

Active Senior Multivitamin 30

Active Senior Multivitamin 90

Calcium Citrate Mini Tabs 120

Prenatal One Multivitamin 30

Food Based Calcium

Nail, Hair & Skin Connection 60

Men'S One Multivitamin 30

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 150

Magnesium Calcium "+" 90

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Tapioca Flour

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun Bar

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

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Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce