

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Bee Caves 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

### Enjoy Life Foods

Mini Chips

## Cereal

### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

## Condiments

### Organicville

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

### The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## Cookies and Snack Bars

### Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Gingerbread Spice Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

### So Delicious

Coconut Milk Cookie Dough

## Dairy Alternatives

### So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

## Frozen Foods

### Ian's Natural Foods

Chicken Fingers, Allergen Free

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

### So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

## Nutritional Supplements

### Nature's Way Alive!

Max Potency Multivitamin

### Rainbow Light

Active Senior Multivitamin 90

Food Based Calcium

Active Senior Multivitamin 30

Vitamin D 400 Iu Gummies 60

Active Health Teen Multivitamin 90

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Women'S One Multivitamin 150

Chewable Calcium Citrate Multi-Mins 45

Multi-Vitamin Mens

Counter Attack 30

Men'S One Multivitamin 150

Women'S One Multivitamin 90

Prenatal One Multivitamin 90

Kid'S One Multistars 30

Kid'S One Multistars 90

Men'S One Multivitamin 30

Just Once Multivitamin 120

Women'S One Multivitamin 30

Prenatal One Multivitamin 150

Just Once Multivitamin 60

**Rainbow Light (Cont'd)**

Men'S One Multivitamin 90

**Vibrant Health**

Joint Vibrance Powder

**Sauces/Salsas/Dips****The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Baking Needs****Enjoy Life Foods**

Mini Chips

**Cereal****Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

**Condiments****Organicville**

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

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 Gingerbread Spice Cookies

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****So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

**Frozen Foods****Ian's Natural Foods**

Chicken Nuggets, Allergen Free

Chicken Fingers, Allergen Free

Popcorn Turkey Corn Dogs

**So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Coconut Almond Minis

**Nutritional Supplements****Nature's Way Alive!**

Max Potency Multivitamin

**Rainbow Light**

Multi-Vitamin Mens

**Rainbow Light (Cont'd)**

Food Based Calcium

Women'S One Multivitamin 90

Counter Attack 30

Vitamin D 400 Iu Gummies 60

Gummy Omegalicious 30

Just Once Multivitamin 60

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 150

Chewable Calcium Citrate Multi-Mins 45

Kid'S One Multistars 90

Men'S One Multivitamin 30

Prenatal One Multivitamin 90

Men'S One Multivitamin 150

Active Senior Multivitamin 90

Just Once Multivitamin 120

Women'S One Multivitamin 150

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

Kid'S One Multistars 30

Active Senior Multivitamin 30

Men'S One Multivitamin 90

**Vibrant Health**

Joint Vibrance Powder

**Sauces/Salsas/Dips****The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Baking Needs****Enjoy Life Foods**

Mini Chips

**Cereal****Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

**Condiments****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 Gingerbread Spice Cookies

Soft Baked Chocolate Chip Cookies

**So Delicious**

Coconut Milk Cookie Dough

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

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

**Frozen Foods****So Delicious**

**So Delicious (Cont'd)**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

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

Multi-Vitamin Mens

**Sauces/Salsas/Dips****The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce