

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bend Store, Pacific Northwest 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

Hain

Baking Powder

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Organic Womens Multi Vitamin

Men'S One Multivitamin 150

Complete B-Complex 90

Prenatal One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Food Based Calcium

Women'S One Multivitamin 150

Kid'S One Multistars 90

Kid'S One Multistars 30

Food Based Calcium

Prenatal One Multivitamin 90

Active Health Teen Multivitamin 90

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Men'S One Multivitamin 30

Prenatal Petite Multivitamin 180

Active Senior Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

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Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

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Original BBQ Sauce

Organicville

Organic Ketchup

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Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

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Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

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Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 90

Prenatal One Multivitamin 150

Prenatal One Multivitamin 30

Rainbow Light (Cont'd)

Women'S One Multivitamin 90

Complete B-Complex 90

Women'S One Multivitamin 30

Calcium Citrate Mini Tabs 120

Kid'S One Multistars 30

Prenatal Petite Multivitamin 180

Active Senior Multivitamin 90

Women'S One Multivitamin 150

Organic Womens Multi Vitamin

Prenatal One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 150

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Active Health Teen Multivitamin 90

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Sauces/Salsas/Dips

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Frozen Foods

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Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Nutritional Supplements**Rainbow Light**

Organic Womens Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce