

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Boise 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.

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

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 Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

So Delicious (Cont'd)

Coconut Almond Minis

Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Frozen Foods

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Alive Cap

Rainbow Light

Food Based Calcium

Counter Attack 90

Prenatal One Multivitamin 90

Nutristart Multivitamin Powder 30

Vitamin D 1,000 Iu Gummies 100

Prenatal One Multivitamin 30

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Food Based Calcium

Active Senior Multivitamin 90

Prenatal Petite Multivitamin 90

Pain - Eze 30

Rainbow Light (Cont'd)

Women'S One Multivitamin 90
Kid'S One Multistars 90
Men'S One Multivitamin 90
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Men'S One Multivitamin 150

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Ketchup
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, French
Organic Dressing, Non Dairy Ranch

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 Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Coconut Almond Minis
Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Frozen Foods

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe
Alive Cap

Rainbow Light

Nutristart Multivitamin Powder 30
Pain - Eze 30
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Men'S One Multivitamin 150
Counter Attack 90
Men'S One Multivitamin 30
Women'S One Multivitamin 30
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Food Based Calcium
Kid'S One Multistars 90
Active Senior Multivitamin 90
Food Based Calcium
Prenatal Petite Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 90
Prenatal One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

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 Chocolate Chip Cookies

Enjoy Life Foods (Cont'd)

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Desserts**So Delicious**

Peanut Butter Zigzag

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Coconut Milk Cookie Dough

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce