

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Baseline 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

### Arrowhead Mills

Gluten Free All Purpose Baking Mix

### Enjoy Life Foods

Mini Chips

## Condiments

### OrganicVille

Original BBQ Sauce

### Organicville

Organic Ketchup

## Cookies and Snack Bars

### Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

## Dairy Alternatives

### So Delicious

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking Mix

## Ethnic Foods

### Organicville

Organic Sesame Teriyaki  
Organic Island Teriyaki

## Frozen Foods

### So Delicious

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## Nutritional Supplements

### Nature's Way Alive!

Max Potency Multivitamin w/o Fe

### Nature's Way Alive! (Cont'd)

Max Potency Multivitamin  
Alive Cap

### Rainbow Light

Gummy Omegalicious 30  
Prenatal Petite Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Men'S One Multivitamin 150  
Food Based Calcium  
Vitamin D 400 Iu Gummies 60  
Active Health Teen Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Active Senior Multivitamin 90  
Women'S One Multivitamin 90  
Food Based Calcium  
Prenatal One Multivitamin 150  
Men'S One Multivitamin 90  
Kid'S One Multistars 90  
Pain - Eze 30  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 30  
Counter Attack 30  
Counter Attack 90  
Prenatal Multi Vitamin

### Vibrant Health

Joint Vibrance Powder

## Sauces/Salsas/Dips

### OrganicVille

Original BBQ Sauce

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

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**Condiments****OrganicVille**

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Organic Ketchup

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

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Cinnamon

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

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**Entrees and Mixes****Arrowhead Mills**

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

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Chocolate Covered Vanilla Coconut Minis

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Max Potency Multivitamin w/o Fe

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Kid'S One Multistars 90

Gummy Omegalicious 30

Active Senior Multivitamin 90

Men'S One Multivitamin 90

Food Based Calcium

Prenatal One Multivitamin 150

Counter Attack 90

Vitamin D 400 Iu Gummies 60

Counter Attack 30

Prenatal One Multivitamin 30

Prenatal Multi Vitamin

Vitamin D 1,000 Iu Gummies 50

Vitamin D 1,000 Iu Gummies 100

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Women'S One Multivitamin 90

Women'S One Multivitamin 30

**Rainbow Light (Cont'd)**

Food Based Calcium

Pain - Eze 30

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