

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Baton Rouge 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

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Ener-G Foods

Egg Replacer

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Cereal

#### Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

### Condiments

#### Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

#### 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 Caramel Apple Snack Bar

#### Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice 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

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Ethnic Foods

#### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

### Frozen Foods

#### Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

Chicken Fingers, Allergen Free

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

### Nutritional Supplements

#### Nature's Way Alive!

Alive Cap

Alive w/o Fe added Cap

Max Potency Multivitamin

#### Rainbow Light

Prenatal One Multivitamin 150

Active Health Teen Multivitamin 90

## **Rainbow Light (Cont'd)**

Nutristart Multivitamin Powder 30  
Prenatal Petite Multivitamin 90  
Calcium Citrate Mini Tabs 120  
Food Based Calcium  
Women'S One Multivitamin 90  
Chewable Calcium Citrate Multi-Mins 45  
Vitamin D 1,000 Iu Gummies 50  
Kid'S One Multistars 90  
Magnesium Calcium "+" 180  
Men'S One Multivitamin 150  
Prenatal One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Women'S Nutritional System 180  
Food Based Calcium  
Active Senior Multivitamin 30  
Prenatal One Multivitamin 30  
Men'S One Multivitamin 90  
Just Once Multivitamin 60  
Women'S One Multivitamin 30  
Just Once Multivitamin 120  
Men'S One Multivitamin 30  
Kid'S One Multistars 30  
Gummy Power Sours 30  
Women'S One Multivitamin 150  
Active Senior Multivitamin 90

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Cereal**

### **Arrowhead Mills**

Organic Yellow Corn Grits  
Organic Rice & Shine Hot Cereal  
Organic Maple Buckwheat Flakes

## **Condiments**

### **Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette

## **Organicville (Cont'd)**

Organic Ketchup  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, French

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gleun Free Caramel Apple Snack Bar  
Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

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

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Popcorn Turkey Corn Dogs  
Chicken Fingers, Allergen Free  
Chicken Nuggets, Allergen Free

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Nature's Way Alive!**

Max Potency Multivitamin  
Alive w/o Fe added Cap  
Alive Cap

### **Rainbow Light**

Just Once Multivitamin 60  
Prenatal Petite Multivitamin 90  
Women'S Nutritional System 180  
Chewable Calcium Citrate Multi-Mins 45  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 150

## **Rainbow Light (Cont'd)**

Active Senior Multivitamin 30  
Nutrstart Multivitamin Powder 30  
Just Once Multivitamin 120  
Prenatal One Multivitamin 90  
Food Based Calcium  
Men'S One Multivitamin 30  
Calcium Citrate Mini Tabs 120  
Vitamin D 1,000 Iu Gummies 50  
Food Based Calcium  
Active Senior Multivitamin 90  
Kid'S One Multistars 90  
Women'S One Multivitamin 90  
Prenatal One Multivitamin 30  
Prenatal One Multivitamin 150  
Magnesium Calcium "+" 180  
Women'S One Multivitamin 30  
Kid'S One Multistars 30  
Men'S One Multivitamin 90  
Men'S One Multivitamin 150  
Gummy Power Sours 30  
Active Health Teen Multivitamin 90

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal  
Organic Maple Buckwheat Flakes  
Organic Yellow Corn Grits

## **Condiments**

### **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 Caramel Apple Snack Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

## **Enjoy Life Foods (Cont'd)**

Soft Baked Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookies

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **So Delicious**

Coconut Milk Cookie Dough  
Chocolate Covered Vanilla Coconut Minis

## **Sauces/Salsas/Dips**

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce