

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cerrillos 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 Fudge Brownie Mix

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Cereal

#### Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

### Condiments

#### Organicville

Organic Ketchup

#### 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

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Frozen Foods

#### Ian's Natural Foods

Popcorn Turkey Corn Dogs

#### Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Coconut Almond Minis

### Nutritional Supplements

#### Nature's Way Alive!

Max Potency Multivitamin w/o Fe

#### Rainbow Light

Men'S One Multivitamin 150

Everyday Calcium With Enzymes 240

Women'S One Multivitamin 90

Kid'S One Multistars 90

Counter Attack 90

Vitamin D 1,000 Iu Gummies 50

Food Based Calcium

Active Senior Multivitamin 90

Prenatal One Multivitamin 150

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

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

**Enjoy Life Foods**

Mini Chips

**Hain**

Baking Powder

**Cereal****Arrowhead Mills**

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

**Condiments****Organicville**

Organic Ketchup

**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

**So Delicious**

Coconut Milk Cookie Dough

**Dairy Alternatives****Purely Decadent**

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

**So Delicious**

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Almond Minis

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

Gluten Free Fudge Brownie Mix

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

Popcorn Turkey Corn Dogs

**Purely Decadent**

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

**So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Organic Creamy Vanilla

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

Max Potency Multivitamin w/o Fe

**Rainbow Light**

Men'S One Multivitamin 150

Kid'S One Multistars 90

Vitamin D 1,000 Iu Gummies 50

Women'S One Multivitamin 90

Food Based Calcium

Everyday Calcium With Enzymes 240

Prenatal One Multivitamin 90

**Rainbow Light (Cont'd)**

Counter Attack 90

Active Senior Multivitamin 90

Prenatal One Multivitamin 150

**Vibrant Health**

Joint Vibrance Powder

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Baking Needs****Arrowhead Mills**

Gluten Free Fudge Brownie Mix

**Enjoy Life Foods**

Mini Chips

**Cereal****Arrowhead Mills**

Organic Yellow Corn Grits

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon

**So Delicious**

Coconut Milk Cookie Dough

**Dairy Alternatives****Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

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

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce