

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Coral Gables Store, Florida 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.

Baked Goods

Ener-G Foods

- Tapioca Loaf
- Light Brown Rice Loaf
- Brown Rice Loaf
- White Rice Loaf
- Hi-Fiber Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Light Brown Rice Loaf
- Hi-Fiber Loaf
- Brown Rice Loaf Yeast Free
- Brown Rice Loaf
- White Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Arrowhead Mills (Cont'd)

- Organic Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Dressing, French

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Sun Bar
- Gluten Free Very Berry Snack Bar
- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Glutino

- Blueberry Breakfast Bars

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

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

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

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Alive w/o Fe added Cap

Vitamin C

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Rainbow Light

Just Once Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Prenatal Petite Multivitamin 90

Active Senior Multivitamin 90

Vitamin D 400 Iu Gummies 60

Just Once Multivitamin 60

Women'S One Multivitamin 30

Rainbow Light (Cont'd)

Gummy Omegalicious 30

Prenatal One Multivitamin 90

Everyday Calcium With Enzymes 240

Gummy Power Sours 30

Counter Attack 30

Kid'S One Multistars 30

Men'S One Multivitamin 30

Food Based Calcium

Active Health Teen Multivitamin 90

Kid'S One Multistars 90

Just Once Multivitamin 120

Women'S One Multivitamin 150

Pain - Eze 30

Complete Iron System 60

Everyday Calcium With Enzymes 120

Nutrastart Multivitamin Powder 30

Calcium Citrate Mini Tabs 120

Super C 1000 60

Women'S One Multivitamin 90

Active Senior Multivitamin 30

Men'S One Multivitamin 150

Counter Attack 90

Food Based Calcium

Prenatal One Multivitamin 30

Magnesium Calcium "+" 90

Magnesium Calcium "+" 180

Nail, Hair & Skin Connection 60

Men'S One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

Light Brown Rice Loaf

Hi-Fiber Loaf

Tapioca Loaf

White Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Brown Rice Loaf Yeast Free

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Hi-Fiber Loaf

Light Brown Rice Loaf

White Rice Loaf

Tapioca Loaf

Brown Rice Loaf

Brown Rice Loaf Yeast Free

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Gluten Free Very Berry Snack Bar

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Gingerbread Spice Cookies

Soft Baked Chocolate Chip Cookies

Glutino

Blueberry Breakfast Bars

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

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Peanut Butter Zigzag

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Chocolate Covered Vanilla Coconut Minis

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Nutritional Supplements

Nature's Way Alive!

Vitamin C

Max Potency Multivitamin w/o Fe

Alive w/o Fe added Cap

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Alive Cap

Rainbow Light

Gummy Omegalicious 30

Just Once Multivitamin 30

Women'S One Multivitamin 30

Food Based Calcium

Prenatal One Multivitamin 90

Kid'S One Multistars 30

Calcium Citrate Mini Tabs 120

Rainbow Light (Cont'd)

Just Once Multivitamin 120
Women'S One Multivitamin 150
Men'S One Multivitamin 30
Men'S One Multivitamin 90
Counter Attack 30
Complete Iron System 60
Nutristart Multivitamin Powder 30
Vitamin D 400 Iu Gummies 60
Food Based Calcium
Prenatal One Multivitamin 30
Kid'S One Multistars 90
Magnesium Calcium "+" 90
Gummy Power Sours 30
Prenatal Petite Multivitamin 90
Pain - Eze 30
Just Once Multivitamin 60
Super C 1000 60
Everyday Calcium With Enzymes 240
Active Health Teen Multivitamin 90
Magnesium Calcium "+" 180
Active Senior Multivitamin 30
Active Senior Multivitamin 90
Everyday Calcium With Enzymes 120
Nail, Hair & Skin Connection 60
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Counter Attack 90
Women'S One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf
Hi-Fiber Loaf
White Rice Loaf
Light Brown Rice Loaf
Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Light Brown Rice Loaf
Hi-Fiber Loaf
Tapioca Loaf
Brown Rice Loaf
White Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar
Gluten Free Very Berry Snack Bar
Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

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Chocolate Covered Vanilla Coconut Minis

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