

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Lake Calhoun Store, Midwest 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

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

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 Sun Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

So Delicious

So Delicious (Cont'd)

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 150

Women'S One Multivitamin 90

Just Once Multivitamin 120

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 150

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Just Once Multivitamin 30

Calcium Citrate Mini Tabs 120

Kid'S One Multistars 90

Rainbow Light (Cont'd)

Prenatal One Multivitamin 90
Prenatal Petite Multivitamin 180
Kid'S One Multistars 30
Prenatal One Multivitamin 30
Gummy Bear Essentials 30
Vitamin D 1,000 Iu Gummies 100
Rejuvenage 40+ Multi 120
Active Senior Multivitamin 90
Food Based Calcium
Food Based Calcium
Men'S One Multivitamin 30
Men'S One Multivitamin 90
Women'S One Multivitamin 30
Active Health Teen Multivitamin 90

Vibrant Health

Cholesterol Blocker

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Arrowhead Mills

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Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun Bar

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Organic Creamy Vanilla

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Men'S One Multivitamin 150

Food Based Calcium

Kid'S One Multistars 30

Rejuvenage 40+ Multi 120

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Just Once Multivitamin 120

Nutristart Multivitamin Powder 30

Men'S One Multivitamin 30

Prenatal One Multivitamin 30

Active Senior Multivitamin 90

Prenatal One Multivitamin 150

Kid'S One Multistars 90

Active Health Teen Multivitamin 90

Just Once Multivitamin 30

Women'S One Multivitamin 30

Prenatal One Multivitamin 90

Women'S One Multivitamin 90

Food Based Calcium

Rainbow Light (Cont'd)

Gummy Bear Essentials 30
Prenatal Petite Multivitamin 180

Vibrant Health

Cholesterol Blocker

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

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