

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sauganash 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.

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Egg Replacer

Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf Yeast Free

Tapioca Loaf

Candy and Chocolate

Enjoy Life

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

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

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

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Complete B-Complex 90
Prenatal Petite Multivitamin 90
Kid'S One Multistars 90
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 150
Food Based Calcium
Men'S One Multivitamin 150
Kid'S One Multistars 30
Everyday Calcium With Enzymes 120
Women'S One Multivitamin 30
Men'S One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 90
Active Senior Multivitamin 90
Gummy Power Sours 30
Prenatal One Multivitamin 30
Prenatal One Multivitamin 90
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 150
Just Once Multivitamin 120
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 30
Vitamin D 400 Iu Gummies 60

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Brown Rice Loaf Yeast Free
Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf Yeast Free
Tapioca Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Enjoy Life (Cont'd)

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch
Organic Ketchup
Organic Dressing, French
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Nutristart Multivitamin Powder 30
Women'S One Multivitamin 90

Rainbow Light (Cont'd)

Kid'S One Multistars 30
Men'S One Multivitamin 150
Kid'S One Multistars 90
Women'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Gummy Power Sours 30
Vitamin D 1,000 Iu Gummies 100
Active Health Teen Multivitamin 90
Food Based Calcium
Food Based Calcium
Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Active Senior Multivitamin 90
Just Once Multivitamin 120
Everyday Calcium With Enzymes 120
Complete B-Complex 90
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 90
Men'S One Multivitamin 30

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Joint Vibrance Powder

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Tapioca Loaf

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Egg Replacer

Enjoy Life Foods

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Bread

Ener-G Foods

Tapioca Loaf

Candy and Chocolate

Enjoy Life

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Boom Choco Boom Dark 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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

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Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis

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