

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Colorado Blvd 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.

### Baked Goods

#### Ener-G Foods

Tapioca Loaf

### Baking Needs

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Ener-G Foods

Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

Mini Chips

### Bread

#### Ener-G Foods

Tapioca Loaf

Brown Rice Loaf Yeast Free

### Cereal

#### Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

### Condiments

#### Organicville

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

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 Cocoa Loco Snack Bar

#### Enjoy Life Foods

### Enjoy Life Foods (Cont'd)

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

### Dairy Alternatives

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Ethnic Foods

#### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

### Frozen Foods

#### So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

### Nutritional Supplements

#### Nature's Way Alive!

Max Potency Multivitamin

#### Rainbow Light

Women'S One Multivitamin 30

Pain - Eze 30

Prenatal One Multivitamin 30

Prenatal One Multivitamin 150

Prenatal One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 30

Women'S One Multivitamin 90

Kid'S One Multistars 90

Counter Attack 90

Counter Attack 30

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

Men'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium  
Men'S One 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

## **Baked Goods**

### **Ener-G Foods**

Tapioca Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Brown Rice Loaf Yeast Free

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf Yeast Free  
Tapioca Loaf

## **Cereal**

### **Arrowhead Mills**

Organic Yellow Corn Grits  
Organic Rice & Shine Hot Cereal

## **Condiments**

### **Organicville**

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

Gluten Free Sun Bar  
Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Chocolate Chip Cookies

## **Dairy Alternatives**

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

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

Max Potency Multivitamin

### **Rainbow Light**

Vitamin D 1,000 Iu Gummies 100  
Counter Attack 30  
Men'S One Multivitamin 90  
Men'S One Multivitamin 30  
Vitamin D 1,000 Iu Gummies 50  
Prenatal One Multivitamin 90  
Pain - Eze 30  
Women'S One Multivitamin 90  
Kid'S One Multistars 90  
Food Based Calcium  
Counter Attack 90  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 30  
Men'S One Multivitamin 150  
Prenatal One Multivitamin 150

### **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

## **Baked Goods**

### **Ener-G Foods**

Tapioca Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Tapioca Loaf

## **Cereal**

### **Arrowhead Mills**

**Arrowhead Mills (Cont'd)**

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**

Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun Bar

**Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

**Dairy Alternatives****So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

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

Gluten Free Fudge Brownie Mix

**Frozen Foods****So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce