

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Carmel 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 Hamburger Buns
- Light Brown Rice Loaf
- Tapioca Loaf
- Brown Rice Loaf
- White Rice Loaf

Baking Needs

Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free
- Xanthum Gum
- Sweet Rice Flour

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf Yeast Free
- Light Brown Rice Loaf
- White Rice Loaf
- Tapioca Hamburger Buns
- Brown Rice Loaf

Breakfast Foods

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

Candy and Chocolate

Enjoy Life

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

Enjoy Life (Cont'd)

- Boom Choco Boom Dark 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 Dressing, French
- Organic Ketchup
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

So Delicious

- Coconut Almond Minis

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free
Fish Sticks, Allergen Free

So Delicious

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

Nutritional Supplements

Rainbow Light

Gummy Power Sours 30
Men'S One Multivitamin 30
Just Once Multivitamin 30
Active Health Teen Multivitamin 90
Complete B-Complex 90
Vitamin D 1,000 Iu Gummies 100
Prenatal One Multivitamin 150
Prenatal Petite Multivitamin 90
Food Based Calcium
Magnesium Calcium "+" 90
Vitamin D 1,000 Iu Gummies 50
Active Senior Multivitamin 90
Kid'S One Multistars 30
Kid'S One Multistars 90
Counter Attack 30
Just Once Multivitamin 120
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 150
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 90
Prenatal One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 30
Prenatal Petite Multivitamin 180
Women'S One Multivitamin 150

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf
Tapioca Loaf
Tapioca Hamburger Buns
Light Brown Rice Loaf
White Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer
Brown Rice Loaf Yeast Free
Sweet Rice Flour
Xanthum Gum

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Light Brown Rice Loaf
White Rice Loaf
Tapioca Hamburger Buns
Tapioca Loaf
Brown Rice Loaf
Brown Rice Loaf Yeast Free

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

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

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Dressing, Olive Oil & Balsamic 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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis
Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free
French Toast Sticks, Wheat Free Gluten Free
Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free

So Delicious

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

Nutritional Supplements

Rainbow Light

Women'S One Multivitamin 150
Active Senior Multivitamin 90
Prenatal One Multivitamin 150
Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Kid'S One Multistars 90
Just Once Multivitamin 120
Vitamin D 1,000 Iu Gummies 50
Counter Attack 30
Gummy Power Sours 30
Vitamin D 400 Iu Gummies 60
Prenatal Petite Multivitamin 90
Nutristart Multivitamin Powder 30
Complete B-Complex 90
Men'S One Multivitamin 30
Men'S One Multivitamin 150
Food Based Calcium
Active Health Teen Multivitamin 90
Food Based Calcium
Prenatal Petite Multivitamin 180
Just Once Multivitamin 30
Magnesium Calcium "+" 90
Kid'S One Multistars 30

Rainbow Light (Cont'd)

Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Light Brown Rice Loaf
Tapioca Loaf
White Rice Loaf
Brown Rice Loaf
Tapioca Hamburger Buns

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

White Rice Loaf
Tapioca Loaf
Tapioca Hamburger Buns
Brown Rice Loaf
Light Brown 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

Condiments

Organicville

Original BBQ Sauce

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Frozen Foods**So Delicious**

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce