

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Coral Springs 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

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

Baking Needs

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

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

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
- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes
- Organic Yellow Corn Grits

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

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

So Delicious (Cont'd)

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

Desserts

So Delicious

Peanut Butter Zigzag

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

Peanut Butter Zigzag
Coconut Almond Minis
Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin
Max Potency Multivitamin w/o Fe
Alive w/o Fe added Cap
Vitamin C
Max Potency Multivitamin
Alive Cap
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin

Rainbow Light

Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Gummy Omegalicious 30
Counter Attack 90
Calcium Citrate Mini Tabs 120
Pain - Eze 30
Magnesium Calcium "+" 90
Women'S One Multivitamin 90
Men'S One Multivitamin 150
Gummy Power Sours 30
Complete Iron System 60
Food Based Calcium
Kid'S One Multistars 90
Counter Attack 30
Just Once Multivitamin 30

Rainbow Light (Cont'd)

Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Vitamin D 1,000 Iu Gummies 100
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 30
Kid'S One Multistars 30
Active Senior Multivitamin 30
Active Senior Multivitamin 90
Nutristart Multivitamin Powder 30
Men'S One Multivitamin 90
Everyday Calcium With Enzymes 120
Nail, Hair & Skin Connection 60
Just Once Multivitamin 60
Men'S One Multivitamin 30
Super C 1000 60
Prenatal One Multivitamin 150
Food Based Calcium
Everyday Calcium With Enzymes 240
Women'S One Multivitamin 150
Just Once Multivitamin 120

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

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

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

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

Ener-G Foods (Cont'd)

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 Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

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
Purely Decadent Cookie Dough

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough
Organic Creamy Vanilla
Organic Chocolate Velvet
Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

Vitamin C
Max Potency Multivitamin
Max Potency Multivitamin
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin
Alive w/o Fe added Cap
Alive Cap

Rainbow Light

Gummy Omegalicious 30
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 150
Kid'S One Multistars 30
Vitamin D 400 Iu Gummies 60
Nail, Hair & Skin Connection 60
Kid'S One Multistars 90
Prenatal One Multivitamin 90
Just Once Multivitamin 30
Men'S One Multivitamin 90
Food Based Calcium
Gummy Power Sours 30
Just Once Multivitamin 60
Pain - Eze 30
Active Senior Multivitamin 30
Active Senior Multivitamin 90
Everyday Calcium With Enzymes 120
Everyday Calcium With Enzymes 240
Complete Iron System 60
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 30
Magnesium Calcium "+" 90
Women'S One Multivitamin 90
Calcium Citrate Mini Tabs 120

Rainbow Light (Cont'd)

Counter Attack 30
Active Health Teen Multivitamin 90
Just Once Multivitamin 120
Super C 1000 60
Food Based Calcium
Counter Attack 90
Prenatal One Multivitamin 150
Men'S One Multivitamin 30
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Prenatal One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

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

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

White Rice Loaf
Brown Rice Loaf
Light Brown Rice Loaf
Tapioca Loaf
Hi-Fiber 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 Yellow Corn Grits
Organic Maple Buckwheat Flakes

Arrowhead Mills (Cont'd)

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 Foods

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

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Coconut Milk Cookie Dough
Peanut Butter Zigzag
Organic Chocolate Velvet
Organic Creamy Vanilla

Sauces/Salsas/Dips

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