

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Carrollwood 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

- Light Brown Rice Loaf
- Brown Rice Loaf
- White Rice Loaf
- Tapioca Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Egg Replacer
- Tapioca Flour

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf
- Light Brown Rice Loaf
- White Rice Loaf

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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

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 Very Berry Snack Bar
- Gluten Free Sun Bar

Enjoy Life Foods

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Gingerbread Spice 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
Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin
Max Potency Multivitamin
Alive Cap
Max Potency Multivitamin

Rainbow Light

Just Once Multivitamin 120
Prenatal Petite Multivitamin 90
Super C 1000 60
Rejuvenage 40+ Multi 120
Pain - Eze 30
Gummy Power Sours 30
Women'S One Multivitamin 90
Gummy Omegalicious 30
Just Once Multivitamin 30
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 150
Magnesium Calcium "+" 90
Magnesium Calcium "+" 180
Women'S One Multivitamin 30

Rainbow Light (Cont'd)

Just Once Multivitamin 60
Men'S One Multivitamin 30
Kid'S One Multistars 30
Counter Attack 30
Food Based Calcium
Men'S One Multivitamin 150
Nail, Hair & Skin Connection 60
Vitamin D 1,000 Iu Gummies 100
Complete Iron System 60
Prenatal One Multivitamin 30
Kid'S One Multistars 90
Active Health Teen Multivitamin 90
Men'S One Multivitamin 90
Prenatal One Multivitamin 150
Food Based Calcium
Counter Attack 90
Prenatal One Multivitamin 90
Nutristart Multivitamin Powder 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Light Brown Rice Loaf
White Rice Loaf
Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer
Tapioca Flour

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf
Light Brown Rice Loaf
White Rice Loaf

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, Non Dairy Ranch
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Herbs de Provence Vinaigrette
Organic Ketchup
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
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 Very Berry Snack Bar
Gluten Free Sun Bar

Enjoy Life Foods

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

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

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Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

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Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
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Chocolate Covered Vanilla Coconut Minis
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Max Potency Multivitamin
Max Potency Multivitamin
Alive Cap
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin w/o Fe

Rainbow Light

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Just Once Multivitamin 30
Prenatal One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Prenatal Petite Multivitamin 90
Nutristart Multivitamin Powder 30
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Joint Vibrance Powder

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Enjoy Life Foods

Mini Chips

Bread

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Light Brown Rice Loaf
Brown Rice Loaf

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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 Rice & Shine Hot Cereal
Organic Yellow Corn Grits

Arrowhead Mills (Cont'd)

Organic Maple Buckwheat Flakes

Condiments

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Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Blueberry Breakfast Bars

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Coconut Milk Cookie Dough

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