

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Deerfield 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

#### WFM Gluten Free Bakehouse

Honey Oat Bread

### Baking Needs

#### Ener-G Foods

Xanthum Gum

Egg Replacer

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Bread

#### WFM Gluten Free Bakehouse

Honey Oat Bread

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

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 Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger 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 Sun Bar

#### Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

Egg Replacer

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

### Frozen Foods

#### Ian's Natural Foods

Fish Sticks, Allergen Free

#### So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

### Nutritional Supplements

#### Nature's Way Alive!

Max Potency Multivitamin

Alive Cap

#### Rainbow Light

Prenatal Petite Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

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

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

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Medium Salsa

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **Baking Needs**

### **Ener-G Foods**

Xanthum Gum  
Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **WFM Gluten Free Bakehouse**

Honey Oat Bread

## **Candy and Chocolate**

### **Enjoy Life**

## **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  
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, Non Dairy Ranch  
Organic Ketchup  
Organic Dressing, French  
Organic Dressing, Sundried Tomato & Garlic 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 Sun Bar  
Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

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

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## **Frozen Foods**

### **Ian's Natural Foods**

Fish Sticks, Allergen Free

### **So Delicious**

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

## **Nutritional Supplements**

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

Max Potency Multivitamin  
Alive Cap

### **Rainbow Light**

Prenatal Petite Multivitamin 180  
Prenatal Petite Multivitamin 90  
Complete B-Complex 90  
Prenatal One Multivitamin 150

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

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

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Medium Salsa

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
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**

## **The Ginger People (Cont'd)**

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 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

## **Frozen Foods**

### **So Delicious**

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

## **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