

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Edina 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.

## Baking Needs

### Ener-G Foods

Egg Replacer

### Enjoy Life Foods

Mini Chips

## 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

## Condiments

### OrganicVille

Original BBQ Sauce

### Organicville

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic 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 Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

### Enjoy Life Foods (Cont'd)

Soft Baked Chocolate Chip Cookies

### So Delicious

Coconut Milk Cookie Dough

## Dairy Alternatives

### Ener-G Foods

Egg Replacer

### So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

## Ethnic Foods

### Organicville

Organic Sesame Teriyaki

## Frozen Foods

### Ian's Natural Foods

Chicken Nuggets, Allergen Free

Fish Sticks, Allergen Free

Popcorn Turkey Corn Dogs

### So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

## Nutritional Supplements

### Rainbow Light

Active Senior Multivitamin 90

Prenatal One Multivitamin 90

Prenatal Petite Multivitamin 180

Gummy Power Sours 30

Prenatal One Multivitamin 150

Nutristart Multivitamin Powder 30

Men'S One Multivitamin 90

Complete B-Complex 90

Prenatal One Multivitamin 30

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

Gummy Omegalicious 30  
Kid'S One Multistars 30  
Men'S One Multivitamin 150  
Women'S One Multivitamin 90  
Food Based Calcium  
Prenatal Petite Multivitamin 90  
Just Once Multivitamin 120  
Men'S One Multivitamin 30  
Kid'S One Multistars 90  
Food Based Calcium  
Everyday Calcium With Enzymes 120  
Women'S One Multivitamin 150  
Women'S One Multivitamin 30  
Vitamin D 1,000 Iu Gummies 100  
Vitamin D 400 Iu Gummies 60  
Active Health Teen Multivitamin 90

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, French  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Ketchup  
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 Sun Bar

## **Enjoy Life Foods**

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

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free  
Fish Sticks, Allergen Free  
Popcorn Turkey Corn Dogs

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

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

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Organic Sesame Teriyaki

### **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 w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

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Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun Bar

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Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

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Coconut Milk Cookie Dough

## **Dairy Alternatives**

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Coconut Almond Minis

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