

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Chicago Ave 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

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

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf Yeast 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

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes
- Organic Rice Flakes Sweetened Cereal
- Organic Rice & Shine Hot Cereal

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Dressing, Non Dairy Ranch

Cookies and Snack Bars

Enjoy Life

- Gluten Free Sun 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

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis
- Organic Creamy Vanilla

Ethnic Foods

Organicville

- Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

- Popcorn Turkey Corn Dogs
- Chicken Nuggets, Allergen Free

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis
- Coconut Milk Cookie Dough
- Organic Creamy Vanilla

Nutritional Supplements

Nature's Way Alive!

- Vitamin C

Rainbow Light

- Men'S One Multivitamin 30

Rainbow Light (Cont'd)

Chewable Calcium Citrate Multi-Mins 45
Vitamin D 400 Iu Gummies 60
Active Senior Multivitamin 90
Men'S One Multivitamin 150
Prenatal One Multivitamin 90
Nutristart Multivitamin Powder 30
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 150
Just Once Multivitamin 120
Food Based Calcium
Food Based Calcium
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Men'S One Multivitamin 90
Rejuvenage 40+ Multi 120

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Baking Needs

Ener-G Foods

Brown Rice Loaf Yeast Free
Xanthum Gum
Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Brown Rice Loaf Yeast 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

Cereal

Arrowhead Mills

Organic Rice Flakes Sweetened Cereal
Organic Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Non Dairy Ranch

Cookies and Snack Bars

Enjoy Life

Enjoy Life (Cont'd)

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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla
Coconut Almond Minis

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla
Coconut Almond Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Men'S One Multivitamin 150
Men'S One Multivitamin 90
Just Once Multivitamin 120
Women'S One Multivitamin 150
Prenatal One Multivitamin 30
Chewable Calcium Citrate Multi-Mins 45
Food Based Calcium
Active Senior Multivitamin 90
Men'S One Multivitamin 30
Prenatal One Multivitamin 150
Rejuvenage 40+ Multi 120
Vitamin D 400 Iu Gummies 60
Food Based Calcium
Prenatal One Multivitamin 90
Nutristart Multivitamin Powder 30
Prenatal Petite Multivitamin 90

Sauces/Salsas/Dips

OrganicVille

OrganicVille (Cont'd)

Original BBQ Sauce

Organicville

Organic Island Teriyaki

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

Cereal**Arrowhead Mills**

Organic Rice Flakes Sweetened Cereal

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life**

Gluten Free Sun Bar

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Coconut Almond Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce