

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Flagstaff Store, Southern Pacific 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

#### Enjoy Life Foods

Mini Chips

### Candy and Chocolate

#### Enjoy Life

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

#### Organicville

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 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

#### So Delicious

Coconut Almond Minis

### So Delicious (Cont'd)

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

### Frozen Foods

#### Ian's Natural Foods

Chicken Nuggets, Allergen Free

#### So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

### Nutritional Supplements

#### Rainbow Light

Women'S One Multivitamin 90

Food Based Calcium

Food Based Calcium

Women'S One Multivitamin 150

Counter Attack 90

Prenatal One Multivitamin 30

Nutristart Multivitamin Powder 30

Active Health Teen Multivitamin 90

Counter Attack 30

Women'S One Multivitamin 30

Active Senior Multivitamin 90

Prenatal One Multivitamin 150

Men'S One Multivitamin 90

### Sauces/Salsas/Dips

#### OrganicVille

Original BBQ Sauce

#### The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### Baking Needs

## **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

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

#### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

#### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

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Coconut Milk Cookie Dough

## **Dairy Alternatives**

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## **Frozen Foods**

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

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### **So Delicious**

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Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

## **Nutritional Supplements**

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Counter Attack 90

Food Based Calcium

Prenatal One Multivitamin 150

Nutristart Multivitamin Powder 30

Counter Attack 30

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

Men'S One Multivitamin 90

Women'S One Multivitamin 30

Women'S One Multivitamin 150

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

## **Sauces/Salsas/Dips**

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Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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

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