Gluten and Casein Free CELEBRATING CHOICES

Forest Store, Southwest 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

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Glteun Free Caramel Apple Snack Bar

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled

Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Enjoy Life Foods (Cont'd)

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

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

lan's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Fingers, Allergen Free

Chicken Nuggets, Allergen Free

So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Alive w/o Fe added Cap

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Vitamin C

Max Potency Multivitamin w/o Fe

Rainbow Light

Chewable Calcium Citrate Multi-Mins 45

Counter Attack 30

Gummy Power Sours 30

Women'S Nutritional System 180

Active Health Teen Multivitamin 90

Calcium Citrate Mini Tabs 120

Multi-Vitamin Mens

Just Once Multivitamin 60

Women'S One Multivitamin 150

Prenatal Petite Multivitamin 90

Food Based Calcium

Magnesium Calcium "+" 90

Prenatal One Multivitamin 90

Men'S One Multivitamin 90

Vitamin D 400 lu Gummies 60

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Gummy Omegalicious 30

Everyday Calcium With Enzymes 240

Prenatal One Multivitamin 30

Kid'S One Multistars 90

Vitamin D 1,000 lu Gummies 50

Nutristart Multivitamin Powder 30

Just Once Multivitamin 120

Food Based Calcium

Magnesium Calcium "+" 180

Complete Iron System 60

Men'S One Multivitamin 30

Men'S One Multivitamin 150

Prenatal One Multivitamin 150

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hair

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

Condiments

Organicville

Organicville (Cont'd)

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Cinnamon

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lan's Natural Foods

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Alive Cap

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Alive w/o Fe added Cap

Rainbow Light

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Rainbow Light (Cont'd)

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Enjoy Life (Cont'd)

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