

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Fort Collins Store, Rocky Mountain 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

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Cereal

#### Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

### Condiments

#### Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

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 Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

### Desserts

#### So Delicious

Peanut Butter Zigzag

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Ethnic Foods

#### Organicville

Organic Sesame Teriyaki

### Frozen Foods

#### Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

#### So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Coconut Milk Cookie Dough

### Nutritional Supplements

#### Nature's Way Alive!

Alive Cap

Max Potency Multivitamin w/o Fe

#### Rainbow Light

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 90

Counter Attack 90

Counter Attack 30

Men'S One Multivitamin 30

Women'S One Multivitamin 30

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

Kid'S One Multistars 90  
Vitamin D 1,000 Iu Gummies 100  
Active Health Teen Multivitamin 90  
Food Based Calcium  
Men'S One Multivitamin 90  
Active Senior Multivitamin 90  
Prenatal One Multivitamin 150  
Nutristart Multivitamin Powder 30

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Cereal**

### **Arrowhead Mills**

Organic Yellow Corn Grits  
Organic Rice & Shine Hot Cereal

## **Condiments**

### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, French

### **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

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

### **So Delicious**

Peanut Butter Zigzag  
Coconut Milk Cookie Dough  
Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## **Nutritional Supplements**

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

Max Potency Multivitamin w/o Fe  
Alive Cap

### **Rainbow Light**

Prenatal One Multivitamin 90  
Counter Attack 30  
Nutristart Multivitamin Powder 30  
Prenatal One Multivitamin 150  
Food Based Calcium  
Vitamin D 1,000 Iu Gummies 100  
Prenatal Petite Multivitamin 90  
Men'S One Multivitamin 30  
Counter Attack 90  
Women'S One Multivitamin 30  
Kid'S One Multistars 90  
Active Senior Multivitamin 90  
Active Health Teen Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Men'S One Multivitamin 90

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Enjoy Life Foods**

Mini Chips

## **Cereal**

**Arrowhead Mills**

Organic Rice & Shine Hot Cereal  
Organic Yellow Corn Grits

**Condiments****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**

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**So Delicious**

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**Dairy Alternatives****Purely Decadent**

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**So Delicious**

Chocolate Covered Vanilla Coconut Minis  
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**Desserts****So Delicious**

Peanut Butter Zigzag

**Entrees and Mixes****Arrowhead Mills**

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**Sauces/Salsas/Dips****The Ginger People**

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