

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Greenway Store, Pacific Northwest 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 Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Enjoy Life Foods (Cont'd)

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Calcium Citrate Mini Tabs 120

Food Based Calcium

Prenatal Petite Multivitamin 90

Complete B-Complex 90

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Kid'S One Multistars 90

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 90

Rainbow Light (Cont'd)

Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 150
Prenatal Petite Multivitamin 180
Women'S One Multivitamin 90
Prenatal One Multivitamin 30
Kid'S One Multistars 30
Men'S One Multivitamin 30

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
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 Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup
Organic Dressing, Non Dairy Ranch
Organic Dressing, French
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, Olive Oil & Balsamic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

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

So Delicious

So Delicious (Cont'd)

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis
Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

So Delicious

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

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 30
Kid'S One Multistars 90
Calcium Citrate Mini Tabs 120
Prenatal Petite Multivitamin 90
Food Based Calcium
Prenatal One Multivitamin 90
Women'S One Multivitamin 90
Prenatal Petite Multivitamin 180
Vitamin D 400 Iu Gummies 60
Vitamin D 1,000 Iu Gummies 100
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 30
Complete B-Complex 90
Men'S One Multivitamin 150
Prenatal One Multivitamin 30
Women'S One Multivitamin 150
Kid'S One Multistars 30

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
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 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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

Frozen Foods

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce