

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Gateway 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

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Ian's Natural Foods (Cont'd)

Chicken Fingers, Allergen Free

Popcorn Turkey Corn Dogs

So Delicious

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Active Health Teen Multivitamin 90

Magnesium Calcium "+" 180

Chewable Calcium Citrate Multi-Mins 45

Women'S One Multivitamin 150

Calcium Citrate Mini Tabs 120

Magnesium Calcium "+" 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 150

Women'S One Multivitamin 90

Prenatal One Multivitamin 90

Women'S One Multivitamin 30

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Kid'S One Multistars 30

Kid'S One Multistars 90

Complete Iron System 60

Prenatal One Multivitamin 30

Prenatal Petite Multivitamin 90

Food Based Calcium

Vitamin D 400 Iu Gummies 60

Everyday Calcium With Enzymes 240

Gummy Omegalicious 30

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

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

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Fingers, Allergen Free

Chicken Nuggets, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Men'S One Multivitamin 90

Everyday Calcium With Enzymes 240

Prenatal Petite Multivitamin 90

Magnesium Calcium "+" 180

Women'S One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 30

Complete Iron System 60

Rainbow Light (Cont'd)

Prenatal One Multivitamin 150

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Chewable Calcium Citrate Multi-Mins 45

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Food Based Calcium

Gummy Omegalicious 30

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 30

Magnesium Calcium "+" 90

Calcium Citrate Mini Tabs 120

Women'S One Multivitamin 150

Active Health Teen Multivitamin 90

Kid'S One Multistars 30

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

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Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis

Frozen Foods

So Delicious

Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce