

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Halsted Store, Midwest 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

#### Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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 Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

#### The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### Cookies and Snack Bars

#### Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun Bar

#### 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

#### Purely Decadent

Coconut Milk Mint Chip

### So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

### Entrees and Mixes

#### Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

### Ethnic Foods

#### Organicville

Organic Sesame Teriyaki

### Frozen Foods

#### Purely Decadent

Coconut Milk Mint Chip

### So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

### Nutritional Supplements

#### Nature's Way Alive!

Alive w/o Fe added Cap

#### Rainbow Light

Men'S One Multivitamin 30

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 150

Women'S One Multivitamin 90

Women'S One Multivitamin 30

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

Complete B-Complex 90  
Kid'S One Multistars 30  
Men'S One Multivitamin 150  
Men'S One Multivitamin 90  
Gummy Power Sours 30  
Food Based Calcium  
Prenatal One Multivitamin 30  
Just Once Multivitamin 30  
Food Based Calcium  
Prenatal One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Prenatal Petite Multivitamin 180  
Counter Attack 30  
Kid'S One Multistars 90  
Women'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Active Senior Multivitamin 90

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Cherrybrook Kitchen**

Chocolate Wheat Free/Gluten Free Cake Mix

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar  
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar  
Gluten Free Sun Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
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

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Chocolate Wheat Free/Gluten Free Cake Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

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

Alive w/o Fe added Cap

### **Rainbow Light**

Gummy Power Sours 30  
Food Based Calcium  
Nutristart Multivitamin Powder 30  
Prenatal Petite Multivitamin 180  
Women'S One Multivitamin 30  
Kid'S One Multistars 90  
Complete B-Complex 90  
Counter Attack 30  
Women'S One Multivitamin 150  
Active Senior Multivitamin 90  
Women'S One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 30  
Prenatal One Multivitamin 90  
Men'S One Multivitamin 150  
Men'S One Multivitamin 30  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium

**Rainbow Light (Cont'd)**

Kid'S One Multistars 30  
Prenatal One Multivitamin 150  
Just Once Multivitamin 30  
Men'S One Multivitamin 90

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**Organicville**

Organic Sesame Teriyaki

**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 Dairy-Free Rice Milk Chocolate Bar  
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

**Condiments****OrganicVille**

Original BBQ Sauce

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

**So Delicious**

Coconut Milk Cookie Dough

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

Coconut Milk Mint Chip

**So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

**Frozen Foods****Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Coconut Milk Cookie Dough  
Coconut Almond Minis

**So Delicious (Cont'd)**

Chocolate Covered Vanilla Coconut Minis

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce