

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Hinsdale 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.

Baked Goods

Ener-G Foods

- Light Brown Rice Loaf
- Brown Rice Loaf
- Tapioca Hamburger Buns
- Tapioca Loaf

Baking Needs

Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Tapioca Loaf
- Light Brown Rice Loaf
- Tapioca Hamburger Buns
- Brown Rice Loaf Yeast Free
- Brown Rice Loaf

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, French
- Organic Ketchup
- Organic Dressing, Miso Ginger Vinaigrette
- 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 Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Dairy Alternatives

Ener-G Foods

- Egg Replacer

So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Popcorn Turkey Corn Dogs
- Chicken Nuggets, Allergen Free

So Delicious

- Coconut Almond Minis

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Vitamin D 1,000 Iu Gummies 100

Women'S One Multivitamin 90

Kid'S One Multistars 30

Men'S One Multivitamin 30

Active Senior Multivitamin 90

Gummy Power Sours 30

Active Health Teen Multivitamin 90

Women'S One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 30

Men'S One Multivitamin 150

Performance Energy Multivitamin 90

Men'S One Multivitamin 90

Just Once Multivitamin 120

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 90

Prenatal One Multivitamin 150

Everyday Calcium With Enzymes 120

Kid'S One Multistars 90

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Medium Salsa

Organic Sesame Teriyaki

Organic Mild Salsa

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Hamburger Buns

Tapioca Loaf

Light Brown Rice Loaf

Brown Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Hamburger Buns

Brown Rice Loaf

Light Brown Rice Loaf

Tapioca Loaf

Brown Rice Loaf Yeast Free

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk 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, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Nuggets, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Active Health Teen Multivitamin 90
Women'S One Multivitamin 150
Gummy Power Sours 30
Men'S One Multivitamin 30
Kid'S One Multistars 30
Prenatal One Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Everyday Calcium With Enzymes 120
Performance Energy Multivitamin 90
Just Once Multivitamin 120
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 90
Women'S One Multivitamin 90
Kid'S One Multistars 90
Active Senior Multivitamin 90
Nutristart Multivitamin Powder 30
Men'S One Multivitamin 150
Prenatal One Multivitamin 150
Prenatal One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Mild Salsa
Organic Medium Salsa
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Tapioca Hamburger Buns
Brown Rice Loaf
Light Brown Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf
Tapioca Hamburger Buns
Tapioca Loaf
Light Brown Rice Loaf

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 Double Chocolate Brownie Cookies
Soft Baked Chocolate Chip Cookies

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Frozen Foods

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce