

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Alpine Ideal 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

#### Ener-G Foods

Egg Replacer

#### Enjoy Life Foods

Mini Chips

### Cereal

#### Arrowhead Mills

Organic Rice & Shine Hot Cereal

### Cookies and Snack Bars

#### Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

Egg Replacer

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Ethnic Foods

#### Organicville

Organic Sesame Teriyaki

### Frozen Foods

#### So Delicious

Coconut Milk Cookie Dough

### Nutritional Supplements

#### Rainbow Light

Prenatal One Multivitamin 90  
Men'S One Multivitamin 90

### Rainbow Light (Cont'd)

Kid'S One Multistars 90

### Sauces/Salsas/Dips

#### Organicville

Organic Sesame Teriyaki

### Baking Needs

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Ener-G Foods

Egg Replacer

#### Enjoy Life Foods

Mini Chips

### Cereal

#### Arrowhead Mills

Organic Rice & Shine Hot Cereal

### Cookies and Snack Bars

#### Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

Egg Replacer

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Ethnic Foods

#### Organicville

Organic Sesame Teriyaki

### Frozen Foods

#### So Delicious

**So Delicious (Cont'd)**

Coconut Milk Cookie Dough

**Nutritional Supplements****Rainbow Light**

Men'S One Multivitamin 90

Kid'S One Multistars 90

Prenatal One Multivitamin 90

**Sauces/Salsas/Dips****Organicville**

Organic Sesame Teriyaki

**Baking Needs****Arrowhead Mills**

Gluten Free Fudge Brownie Mix

**Ener-G Foods**

Egg Replacer

**Enjoy Life Foods**

Mini Chips

**Cereal****Arrowhead Mills**

Organic Rice & Shine Hot Cereal

**Cookies and Snack Bars****Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

**So Delicious**

Coconut Milk Cookie Dough

**Dairy Alternatives****Ener-G Foods**

Egg Replacer

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

Gluten Free Fudge Brownie Mix

**Frozen Foods****So Delicious**

Coconut Milk Cookie Dough