

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Interbay 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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

Organicville

Original BBQ Sauce

Organicville

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

Cookies and Snack Bars

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

So Delicious (Cont'd)

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free
Chicken Nuggets, Allergen Free

So Delicious

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

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 150
Men'S One Multivitamin 30
Pain - Eze 30
Food Based Calcium
Prenatal One Multivitamin 150
Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Organic Womens Multi Vitamin
Vitamin D 400 Iu Gummies 60
Kid'S One Multistars 90
Prenatal One Multivitamin 30
Prenatal Petite Multivitamin 180
Women'S One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50

Rainbow Light (Cont'd)

Prenatal Petite Multivitamin 90
Gummy Omegalicious 30
Active Senior Multivitamin 90
Calcium Citrate Mini Tabs 120
Vitamin D 1,000 Iu Gummies 100
Kid'S One Multistars 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce

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Organic Island Teriyaki

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Fish Sticks, Allergen Free

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Women'S One Multivitamin 30
Men'S One Multivitamin 150
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Organic Womens Multi Vitamin
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