

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Indian School Plaza 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

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Cereal

#### Arrowhead Mills

Organic Rice & Shine Hot Cereal

### Condiments

#### Organicville

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### Cookies and Snack Bars

#### Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Frozen Foods

#### So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

### Nutritional Supplements

#### Nature's Way Alive!

Max Potency Multivitamin w/o Fe

#### Rainbow Light

Magnesium Calcium "+" 180

Vitamin D 1,000 Iu Gummies 100

Prenatal Petite Multivitamin 90

Food Based Calcium

Counter Attack 90

Food Based Calcium

Women'S One Multivitamin 90

Prenatal One Multivitamin 30

Prenatal One Multivitamin 90

Men'S One Multivitamin 90

Men'S One Multivitamin 30

Active Health Teen Multivitamin 90

Kid'S One Multistars 90

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Prenatal One Multivitamin 150

#### Vibrant Health

Joint Vibrance Powder

### Baking Needs

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Enjoy Life Foods

Mini Chips

#### Hain

**Hain (Cont'd)**

Baking Powder

**Cereal****Arrowhead Mills**

Organic Rice & Shine Hot Cereal

**Condiments****Organicville**

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

**Cookies and Snack Bars****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****So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

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

Gluten Free Fudge Brownie Mix

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

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

**Nutritional Supplements****Nature's Way Alive!**

Max Potency Multivitamin w/o Fe

**Rainbow Light**

Kid'S One Multistars 90

Food Based Calcium

Prenatal One Multivitamin 150

Active Health Teen Multivitamin 90

Food Based Calcium

Counter Attack 90

Prenatal One Multivitamin 30

Women'S One Multivitamin 30

Magnesium Calcium "+" 180

Vitamin D 1,000 Iu Gummies 100

Men'S One Multivitamin 150

Men'S One Multivitamin 90

Men'S One Multivitamin 30

Women'S One Multivitamin 90

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 90

**Vibrant Health**

Joint Vibrance Powder

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

Gluten Free Fudge Brownie Mix

**Enjoy Life Foods**

Mini Chips

**Cereal****Arrowhead Mills**

Organic Rice & Shine Hot Cereal

**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

**So Delicious**

Coconut Milk Cookie Dough

**Dairy Alternatives****So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

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

Gluten Free Fudge Brownie Mix

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

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough