

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Kirby Store, Southwest 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

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

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 Caramel Apple Snack Bar

Gluten Free Very Berry Snack Bar

Gluten Free Sun Bar

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled

Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Rainbow Light

Women'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 150

Kid'S One Multistars 30

Food Based Calcium

Complete Iron System 60

Rainbow Light (Cont'd)

Food Based Calcium
Men'S One Multivitamin 150
Gummy Omegalicious 30
Magnesium Calcium "+" 90
Women'S One Multivitamin 30
Everyday Calcium With Enzymes 240
Prenatal One Multivitamin 90
Women'S One Multivitamin 150
Men'S One Multivitamin 90
Nutristart Multivitamin Powder 30
Just Once Multivitamin 60
Chewable Calcium Citrate Multi-Mins 45
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 30
Kid'S One Multistars 90
Magnesium Calcium "+" 180
Men'S One Multivitamin 30
Vitamin D 400 Iu Gummies 60

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes
Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Ketchup
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, French
Organic Dressing, Sundried Tomato & Garlic 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
Gluten Free Very Berry Snack Bar
Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Rainbow Light

Just Once Multivitamin 60
Vitamin D 400 Iu Gummies 60
Magnesium Calcium "+" 180
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Kid'S One Multistars 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 150
Prenatal One Multivitamin 90
Men'S One Multivitamin 150
Men'S One Multivitamin 90
Men'S One Multivitamin 30
Food Based Calcium
Women'S One Multivitamin 90
Nutristart Multivitamin Powder 30
Food Based Calcium
Women'S One Multivitamin 30
Kid'S One Multistars 90
Prenatal One Multivitamin 30

Rainbow Light (Cont'd)

- Chewable Calcium Citrate Multi-Mins 45
- Calcium Citrate Mini Tabs 120
- Vitamin D 1,000 Iu Gummies 50
- Complete Iron System 60
- Everyday Calcium With Enzymes 240
- Gummy Omegalicious 30
- Magnesium Calcium "+" 90

Vibrant Health

- Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes
- Organic Yellow Corn Grits
- Organic Rice & Shine Hot Cereal

Condiments

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Caramel Apple Snack Bar
- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Sun Bar
- Gluten Free Very Berry Snack Bar

Enjoy Life Foods

- Soft Baked Gingerbread Spice Cookies
- 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

Ener-G Foods

- Egg Replacer

So Delicious

- Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Arrowhead Mills (Cont'd)

- Gluten Free Fudge Brownie Mix

Frozen Foods

So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Milk Cookie Dough

Sauces/Salsas/Dips

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce