

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Lincoln 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.

### Baking Needs

#### Ener-G Foods

- Egg Replacer
- Xanthum Gum

#### Enjoy Life Foods

- Mini Chips

### 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, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Ketchup
- Organic Dressing, Sundried Tomato & Garlic 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 Chocolate Chip Cookies

#### Enjoy Life Foods (Cont'd)

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### Purely Decadent

- Coconut Milk Mint Chip

#### So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

### Ethnic Foods

#### Organicville

- Organic Sesame Teriyaki

### Frozen Foods

#### Ian's Natural Foods

- Chicken Nuggets, Allergen Free
- Popcorn Turkey Corn Dogs

#### Purely Decadent

- Coconut Milk Mint Chip

#### So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

### Nutritional Supplements

#### Rainbow Light

- Prenatal One Multivitamin 150
- Prenatal One Multivitamin 90
- Food Based Calcium
- Women'S One Multivitamin 90
- Women'S One Multivitamin 30
- Women'S One Multivitamin 150
- Men'S One Multivitamin 150
- Men'S One Multivitamin 30

## **Rainbow Light (Cont'd)**

Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 30  
Men'S One Multivitamin 90  
Kid'S One Multistars 90  
Vitamin D 400 Iu Gummies 60  
Everyday Calcium With Enzymes 120  
Gummy Omegalicious 30  
Gummy Power Sours 30  
Kid'S One Multistars 30  
Food Based Calcium

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer  
Xanthum Gum

### **Enjoy Life Foods**

Mini Chips

## **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, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, French  
Organic Ketchup  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, Non Dairy Ranch

### **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 Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Double Chocolate Brownie Cookies

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Chicken Nuggets, Allergen Free  
Popcorn Turkey Corn Dogs

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

### **Rainbow Light**

Women'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Everyday Calcium With Enzymes 120  
Women'S One Multivitamin 90  
Men'S One Multivitamin 30  
Gummy Power Sours 30  
Vitamin D 400 Iu Gummies 60  
Men'S One Multivitamin 150  
Prenatal One Multivitamin 150  
Kid'S One Multistars 90  
Men'S One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Kid'S One Multistars 30  
Food Based Calcium  
Food Based Calcium  
Women'S One Multivitamin 150  
Gummy Omegalicious 30  
Prenatal One Multivitamin 30

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### **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
- 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

### **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 Sun Bar

### **Enjoy Life Foods**

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

## **Dairy Alternatives**

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### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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## **Frozen Foods**

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- Coconut Almond Minis

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