

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Lakeview Old 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

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

Ener-G Foods

Xanthum Gum

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice Flakes Sweetened Cereal

Organic Maple Buckwheat Flakes

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

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

So Delicious (Cont'd)

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Energy and Nutrition Bars/Drinks

Attune

Dark Chocolate Probiotic Bar

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Vitamin D 400 Iu Gummies 60

Active Senior Multivitamin 90

Women'S One Multivitamin 150

Rainbow Light (Cont'd)

Nutristart Multivitamin Powder 30
Kid'S One Multistars 90
Just Once Multivitamin 120
Prenatal One Multivitamin 150
Men'S One Multivitamin 90
Counter Attack 30
Men'S One Multivitamin 150
Women'S One Multivitamin 30
Magnesium Calcium "+" 90
Prenatal One Multivitamin 30
Food Based Calcium
Active Health Teen Multivitamin 90
Kid'S One Multistars 30

Vibrant Health

Cholesterol Blocker

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce
Organic Mild Salsa

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Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes
Organic Rice Flakes Sweetened Cereal

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organicville (Cont'd)

Organic Tangy BBQ Sauce
Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

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Original BBQ Sauce

Organicville

Organic Medium Salsa

Organic Mild Salsa

Organic Sesame Teriyaki

Organic Island Teriyaki

Organic Tangy BBQ Sauce

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