

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Lakewood 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

### Condiments

#### Organicville

Organic Ketchup

Organic Dressing, Non Dairy Ranch

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 Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

Gluten Free Very Berry Snack Bar

#### Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

#### So Delicious

#### So Delicious (Cont'd)

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

### Frozen Foods

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

### Nutritional Supplements

#### Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Alive Cap

Alive w/o Fe added Cap

#### Rainbow Light

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 90

Nutristart Multivitamin Powder 30

Kid'S One Multistars 90

Chewable Calcium Citrate Multi-Mins 45

Prenatal One Multivitamin 90

Gummy Power Sours 30

Men'S One Multivitamin 30

Food Based Calcium

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

Women'S One Multivitamin 150  
Prenatal One Multivitamin 150  
Food Based Calcium  
Complete Iron System 60  
Active Health Teen Multivitamin 90  
Magnesium Calcium "+" 90  
Women'S One Multivitamin 90  
Gummy Omegalicious 30  
Men'S One Multivitamin 150  
Just Once Multivitamin 120  
Everyday Calcium With Enzymes 240  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 30

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

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 Rice & Shine Hot Cereal  
Organic Maple Buckwheat Flakes

## **Condiments**

### **Organicville**

Organic Ketchup  
Organic Dressing, Non Dairy Ranch  
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 Very Berry Snack Bar  
Gluten Free Cocoa Loco Snack Bar  
Gluten Free Caramel Apple Snack Bar

### **Enjoy Life Foods**

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

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

Soft Baked Gingerbread Spice 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

## **Frozen Foods**

### **So Delicious**

Coconut Milk Cookie Dough  
Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive w/o Fe added Cap  
Max Potency Multivitamin w/o Fe  
Alive Cap  
Max Potency Multivitamin

### **Rainbow Light**

Active Health Teen Multivitamin 90  
Magnesium Calcium "+" 90  
Men'S One Multivitamin 150  
Chewable Calcium Citrate Multi-Mins 45  
Men'S One Multivitamin 90  
Food Based Calcium  
Everyday Calcium With Enzymes 240  
Gummy Omegalicious 30  
Prenatal One Multivitamin 150  
Women'S One Multivitamin 90  
Men'S One Multivitamin 30  
Gummy Power Sours 30  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Kid'S One Multistars 90  
Just Once Multivitamin 120  
Women'S One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Vitamin D 1,000 Iu Gummies 50  
Nutristart Multivitamin Powder 30  
Complete Iron System 60  
Food Based Calcium

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

**Organicville (Cont'd)**

Organic Island Teriyaki

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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

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**Ener-G Foods**

Egg Replacer

**Enjoy Life Foods**

Mini Chips

**Cereal****Arrowhead Mills**

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**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**

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

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**Sauces/Salsas/Dips****The Ginger People**

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