

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Laurelhurst Store, Pacific Northwest 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

#### Enjoy Life Foods

Mini Chips

### Cereal

#### Arrowhead Mills

Organic Maple Buckwheat Flakes

### Condiments

#### OrganicVille

Original BBQ Sauce

#### Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### Cookies and Snack Bars

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

Egg Replacer

#### Purely Decadent

Purely Decadent Cookie Dough

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

### Ethnic Foods

#### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

### Frozen Foods

### Ian's Natural Foods

Chicken Nuggets, Allergen Free

### Purely Decadent

Purely Decadent Cookie Dough

### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Coconut Almond Minis

### Nutritional Supplements

#### Rainbow Light

Complete B-Complex 90

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 30

Food Based Calcium

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 30

Food Based Calcium

Women'S One Multivitamin 150

Men'S One Multivitamin 150

Women'S One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Active Senior Multivitamin 90

Prenatal One Multivitamin 90

Calcium Citrate Mini Tabs 120

Kid'S One Multistars 90

Kid'S One Multistars 30

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

### Sauces/Salsas/Dips

#### OrganicVille

Original BBQ Sauce

#### Organicville

Organic Island Teriyaki

## **Organicville (Cont'd)**

Organic Sesame Teriyaki

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

## **Cookies and Snack Bars**

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Purely Decadent Cookie Dough

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Purely Decadent Cookie Dough

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Rainbow Light**

Calcium Citrate Mini Tabs 120

Prenatal One Multivitamin 90

Women'S One Multivitamin 90

Kid'S One Multistars 90

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

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

Men'S One Multivitamin 30

Complete B-Complex 90

Active Senior Multivitamin 90

Food Based Calcium

Men'S One Multivitamin 150

Kid'S One Multistars 30

Women'S One Multivitamin 150

Food Based Calcium

Active Health Teen Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Vitamin D 400 Iu Gummies 60

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

## **Cookies and Snack Bars**

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

## **Frozen Foods**

### **So Delicious**

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce