

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Lynnwood 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

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

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 Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

Chicken Nuggets, Allergen Free

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Nutritional Supplements

Rainbow Light

Complete B-Complex 90

Kid'S One Multistars 90

Prenatal Petite Multivitamin 90

Food Based Calcium

Kid'S One Multistars 30

Women'S One Multivitamin 90

Prenatal One Multivitamin 90

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Organic Womens Multi Vitamin

Women'S One Multivitamin 150

Rainbow Light (Cont'd)

Prenatal Petite Multivitamin 180
Vitamin D 1,000 Iu Gummies 100
Active Health Teen Multivitamin 90
Multi-Vitamin Mens
Vitamin D 400 Iu Gummies 60
Calcium Citrate Mini Tabs 120
Prenatal One Multivitamin 150
Gummy Bear Essentials 30
Counter Attack 30
Men'S One Multivitamin 150
Prenatal One Multivitamin 30
Food Based Calcium
Pain - Eze 30
Men'S One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, French
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, Non Dairy Ranch
Organic Ketchup
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

The Ginger People

The Ginger People (Cont'd)

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free
Fish Sticks, Allergen Free

So Delicious

Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Vitamin D 400 Iu Gummies 60
Gummy Bear Essentials 30
Men'S One Multivitamin 30
Complete B-Complex 90
Multi-Vitamin Mens
Women'S One Multivitamin 150
Prenatal Petite Multivitamin 90
Kid'S One Multistars 30
Active Health Teen Multivitamin 90
Pain - Eze 30
Food Based Calcium
Counter Attack 30
Vitamin D 1,000 Iu Gummies 50
Calcium Citrate Mini Tabs 120
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 150
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Organic Womens Multi Vitamin
Prenatal One Multivitamin 90
Prenatal Petite Multivitamin 180
Kid'S One Multistars 90

Rainbow Light (Cont'd)

Food Based Calcium
Women'S One Multivitamin 90
Prenatal One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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OrganicVille

Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Soft Baked Double Chocolate Brownie Cookies
Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

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So Delicious

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Chocolate Covered Vanilla Coconut Minis
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Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough
Coconut Almond Minis

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Rainbow Light

Organic Womens Multi Vitamin
Multi-Vitamin Mens

Sauces/Salsas/Dips

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Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce