

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Midtown Detroit 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

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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

Boom Choco Boom Dark Chocolate Bar

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

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 Sun Bar

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

So Delicious

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Women'S One Multivitamin 30

Food Based Calcium

Just Once Multivitamin 120

Prenatal One Multivitamin 150

Prenatal One Multivitamin 90

Nail, Hair & Skin Connection 60

Super C 1000 60

Vitamin D 400 Iu Gummies 60

Food Based Calcium

Prenatal Petite Multivitamin 90

Everyday Calcium With Enzymes 120

Nutristart Multivitamin Powder 30

Vitamin D 1,000 Iu Gummies 100

Men'S One Multivitamin 90

Women'S One Multivitamin 150

Prenatal One Multivitamin 30

Kid'S One Multistars 30

Men'S One Multivitamin 150

Active Health Teen Multivitamin 90

Women'S One Multivitamin 90

Men'S One Multivitamin 30

Kid'S One Multistars 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Egg Replacer

Enjoy Life Foods

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Organicville

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Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

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Egg Replacer

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

So Delicious

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Everyday Calcium With Enzymes 120

Rainbow Light (Cont'd)

Food Based Calcium

Prenatal Petite Multivitamin 90

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 150

Prenatal One Multivitamin 30

Super C 1000 60

Nail, Hair & Skin Connection 60

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Food Based Calcium

Vitamin D 1,000 Iu Gummies 100

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Just Once Multivitamin 120

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Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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Enjoy Life

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Gluten Free Cocoa Loco Snack Bar

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Soft Baked Double Chocolate Brownie Cookies

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Enjoy Life Foods (Cont'd)

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