

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Unionville 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.

Baked Goods

Ener-G Foods

- Brown Rice Loaf
- Hi-Fiber Loaf

Baking Needs

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Hi-Fiber Loaf
- Brown Rice Loaf

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Chocolate Chip Cookies

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Frozen Foods

Ian's Natural Foods

- Fish Sticks, Allergen Free

Baked Goods

Ener-G Foods

- Brown Rice Loaf
- Hi-Fiber Loaf

Baking Needs

Ener-G Foods

Ener-G Foods (Cont'd)

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Hi-Fiber Loaf
- Brown Rice Loaf

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies
- Soft Baked Gingerbread Spice Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Frozen Foods

Ian's Natural Foods

- Fish Sticks, Allergen Free

Baked Goods

Ener-G Foods

- Hi-Fiber Loaf
- Brown Rice Loaf

Baking Needs

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

Ener-G Foods (Cont'd)

Brown Rice Loaf

Hi-Fiber Loaf

Cookies and Snack Bars**Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Dairy Alternatives**Ener-G Foods**

Egg Replacer