

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Mill Plain 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

Condiments

Organicville

Original BBQ Sauce

Organicville

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

Cookies and Snack Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Ethnic Foods

Organicville

Organicville (Cont'd)

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free
Fish Sticks, Allergen Free

So Delicious

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

Nutritional Supplements

Rainbow Light

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

Rainbow Light (Cont'd)

Active Health Teen Multivitamin 90
Food Based Calcium
Multi-Vitamin Mens

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki
Organic Island Teriyaki

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

Cookies and Snack Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

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

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

Nutritional Supplements

Rainbow Light

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

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki
Organic Tangy BBQ 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

Condiments

OrganicVille

OrganicVille (Cont'd)

Original BBQ Sauce

Cookies and Snack Bars**So Delicious**

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Frozen Foods**So Delicious**

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin

Multi-Vitamin Mens

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce