

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Milwaukee 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

- Xanthum Gum
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar
- 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 Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, French

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Sun Bar

Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Enjoy Life Foods (Cont'd)

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies

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

Frozen Foods

Ian's Natural Foods

- Chicken Nuggets, Allergen Free
- Popcorn Turkey Corn Dogs
- Fish Sticks, Allergen Free

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin
- Max Potency Multivitamin w/o Fe

Rainbow Light

- Magnesium Calcium "+" 90
- Nutristart Multivitamin Powder 30
- Vitamin D 400 Iu Gummies 60
- Vitamin D 1,000 Iu Gummies 100
- Women'S One Multivitamin 150

Rainbow Light (Cont'd)

Men'S One Multivitamin 90
Everyday Calcium With Enzymes 120
Prenatal One Multivitamin 90
Prenatal One Multivitamin 150
Food Based Calcium
Calcium Citrate Mini Tabs 120
Food Based Calcium
Men'S One Multivitamin 150
Active Senior Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Kid'S One Multistars 90
Men'S One Multivitamin 30
Gummy Power Sours 30
Performance Energy Multivitamin 90
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 30
Counter Attack 30
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Prenatal Petite Multivitamin 180

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Ener-G Foods

Egg Replacer
Xanthum Gum

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, French
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
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 Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free
Fish Sticks, Allergen Free

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin
Max Potency Multivitamin w/o Fe

Rainbow Light

Active Health Teen Multivitamin 90
Nuristart Multivitamin Powder 30
Prenatal One Multivitamin 150
Food Based Calcium
Magnesium Calcium "+" 90
Prenatal Petite Multivitamin 180
Vitamin D 1,000 Iu Gummies 100
Prenatal One Multivitamin 30
Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50
Vitamin D 400 Iu Gummies 60
Counter Attack 30
Men'S One Multivitamin 90
Men'S One Multivitamin 30
Women'S One Multivitamin 90
Gummy Power Sours 30

Rainbow Light (Cont'd)

Food Based Calcium
Calcium Citrate Mini Tabs 120
Kid'S One Multistars 90
Women'S One Multivitamin 30
Performance Energy Multivitamin 90
Active Senior Multivitamin 90
Prenatal One Multivitamin 90
Men'S One Multivitamin 150
Everyday Calcium With Enzymes 120

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar
Gluten Free Sun Bar

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

So Delicious (Cont'd)

Coconut Almond Minis

Frozen Foods

So Delicious

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

Sauces/Salsas/Dips

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Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce