

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Montana Avenue Store, Southern Pacific 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

- Tapioca Loaf
- Brown Rice Loaf

Baking Needs

Ener-G Foods

- Brown Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf Yeast Free
- Tapioca Loaf
- Brown Rice Loaf

Candy and Chocolate

Enjoy Life

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

Chips/Pretzels/Snacks

Glutino

- Pretzel Sticks
- Pretzel Twists

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Tangy BBQ Sauce
- Organic Ketchup
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organicville (Cont'd)

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, French

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Chicken Nuggets, Allergen Free

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Coconut Milk Cookie Dough
- Coconut Almond Minis

Nutritional Supplements

Rainbow Light

- Active Senior Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Counter Attack 90
- Vitamin D 1,000 Iu Gummies 100

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 50
Counter Attack 30
Men'S One Multivitamin 30
Prenatal Multi Vitamin
Women'S One Multivitamin 90
Women'S One Multivitamin 30
Magnesium Calcium "+" 180
Prenatal One Multivitamin 30
Gummy Power Sours 30
Mintasure 75
Prenatal One Multivitamin 90
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Mild Salsa
Organic Medium Salsa
Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf

Baking Needs

Ener-G Foods

Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf
Tapioca Loaf
Brown Rice Loaf Yeast Free

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

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, French

Organicville (Cont'd)

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

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies
Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Counter Attack 90
Prenatal One Multivitamin 90
Magnesium Calcium "+" 180
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 90
Men'S One Multivitamin 30
Prenatal One Multivitamin 30
Gummy Power Sours 30
Counter Attack 30
Prenatal Multi Vitamin
Prenatal Petite Multivitamin 90
Mintasure 75
Active Senior Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 90
Women'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 100

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

- Organic Mild Salsa
- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce
- Organic Medium Salsa

Baked Goods

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Baking Needs

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

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

Condiments

OrganicVille

- Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis
- Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

- Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce