

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Minnetonka 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 w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark 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 Ketchup
- Organic Dressing, French
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Non Dairy Ranch

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

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis
- Organic Creamy Vanilla

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin

Rainbow Light

- Gummy Bear Essentials 30
- Gummy Omegalicious 30
- Prenatal One Multivitamin 30
- Kid'S One Multistars 90

Rainbow Light (Cont'd)

Active Health Teen Multivitamin 90
Prenatal One Multivitamin 90
Just Once Multivitamin 120
Vitamin D 1,000 Iu Gummies 100
Nutristart Multivitamin Powder 30
Complete B-Complex 90
Active Senior Multivitamin 90
Food Based Calcium
Super C 1000 60
Women'S One Multivitamin 30
Men'S One Multivitamin 30
Men'S One Multivitamin 150
Kid'S One Multistars 30
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 150
Men'S One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 150
Gummy Power Sours 30
Food Based Calcium
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 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, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Dressing, Non Dairy Ranch

Organicville (Cont'd)

Organic Dressing, French
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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
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
Organic Creamy Vanilla
Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

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

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Rainbow Light

Men'S One Multivitamin 30
Kid'S One Multistars 90
Kid'S One Multistars 30
Gummy Power Sours 30
Men'S One Multivitamin 150
Men'S One Multivitamin 90
Women'S One Multivitamin 90
Prenatal One Multivitamin 90
Prenatal One Multivitamin 30
Complete B-Complex 90
Just Once Multivitamin 120
Vitamin D 1,000 Iu Gummies 50

Rainbow Light (Cont'd)

- Gummy Omegalicious 30
- Women'S One Multivitamin 150
- Active Senior Multivitamin 90
- Super C 1000 60
- Food Based Calcium
- Vitamin D 1,000 Iu Gummies 100
- Vitamin D 400 Iu Gummies 60
- Women'S One Multivitamin 30
- Nutristart Multivitamin Powder 30
- Prenatal Petite Multivitamin 180
- Active Health Teen Multivitamin 90
- Prenatal One Multivitamin 150
- Food Based Calcium
- Gummy Bear Essentials 30

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

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

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 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

- Chocolate Covered Vanilla Coconut Minis
- Organic Creamy Vanilla
- Coconut Almond Minis

Frozen Foods

So Delicious

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

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce