

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Montrose Store, Southwest 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

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Condiments

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

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

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Gingerbread Spice Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Chicken Fingers, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Rainbow Light

Chewable Calcium Citrate Multi-Mins 45

Active Senior Multivitamin 90

Nutristart Multivitamin Powder 30

Kid'S One Multistars 90

Active Senior Multivitamin 30

Magnesium Calcium "+" 90

Calcium Citrate Mini Tabs 120

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 150

Complete B-Complex 90

Rainbow Light (Cont'd)

Gummy Omegalicious 30
Kid'S One Multistars 30
Women'S One Multivitamin 90
Food Based Calcium
Vitamin D 1,000 Iu Gummies 50
Men'S One Multivitamin 30
Women'S One Multivitamin 30
Prenatal Petite Multivitamin 90
Active Health Teen Multivitamin 90
Magnesium Calcium "+" 180
Prenatal One Multivitamin 150
Gummy Power Sours 30
Organic Womens Multi Vitamin
Men'S One Multivitamin 90
Prenatal One Multivitamin 30
Men'S One Multivitamin 150
Prenatal One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal
Organic Yellow Corn Grits
Organic Maple Buckwheat Flakes

Condiments

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Ketchup
Organic Dressing, Non Dairy Ranch
Organic Dressing, French

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack 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
Soft Baked Gingerbread Spice Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free
Chicken Fingers, Allergen Free

So Delicious

Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Rainbow Light

Gummy Omegalicious 30
Active Senior Multivitamin 90
Active Senior Multivitamin 30
Organic Womens Multi Vitamin
Men'S One Multivitamin 90
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Prenatal Petite Multivitamin 90
Calcium Citrate Mini Tabs 120
Chewable Calcium Citrate Multi-Mins 45
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 90
Magnesium Calcium "+" 90
Women'S One Multivitamin 30
Kid'S One Multistars 90
Prenatal One Multivitamin 90
Prenatal One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 30
Women'S One Multivitamin 150
Kid'S One Multistars 30
Nutristart Multivitamin Powder 30
Food Based Calcium

Rainbow Light (Cont'd)

Gummy Power Sours 30
Men'S One Multivitamin 150
Magnesium Calcium "+" 180
Complete B-Complex 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips**Organicville**

Organic Island Teriyaki
Organic Sesame Teriyaki

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal**Arrowhead Mills**

Organic Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal
Organic Yellow Corn Grits

Cookies and Snack Bars**Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**So Delicious**

Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements**Rainbow Light**

Organic Womens Multi Vitamin