

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Naples Store, Florida 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
- White Rice Loaf
- Hi-Fiber Loaf
- Brown Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Brown Rice Loaf Yeast Free
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- White Rice Loaf
- Hi-Fiber Loaf
- 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 w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Ketchup
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Tangy BBQ 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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Gingerbread Spice Cookies
- Soft Baked Double Chocolate Brownie Cookies

Glutino

- Blueberry Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla
Coconut Almond Minis
Organic Chocolate Velvet
Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis
Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe
Alive Cap
Max Potency Multivitamin
Alive w/o Fe added Cap

Rainbow Light

Active Senior Multivitamin 90
Nail, Hair & Skin Connection 60
Food Based Calcium
Food Based Calcium
Men'S One Multivitamin 30
Counter Attack 90
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Nutristart Multivitamin Powder 30
Just Once Multivitamin 120
Active Senior Multivitamin 30
Prenatal One Multivitamin 90
Women'S One Multivitamin 150
Kid'S One Multistars 30
Women'S One Multivitamin 30
Super C 1000 60
Just Once Multivitamin 60

Rainbow Light (Cont'd)

Just Once Multivitamin 30
Kid'S One Multistars 90
Counter Attack 30
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Pain - Eze 30
Women'S One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki
Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf
White Rice Loaf
Hi-Fiber Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer
Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Hi-Fiber Loaf
Brown Rice Loaf
Brown Rice Loaf Yeast Free
White Rice Loaf
Tapioca 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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal
Organic Maple Buckwheat Flakes

Condiments

Organicville

OrganicVille (Cont'd)

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, French
Organic Ketchup
Organic Tangy BBQ Sauce
Organic Dressing, Tarragon Dijon Vinaigrette

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 Gingerbread Spice Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

Desserts**So Delicious**

Peanut Butter Zigzag

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

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent (Cont'd)

Purely Decadent Cookie Dough

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Peanut Butter Zigzag
Coconut Milk Cookie Dough
Coconut Almond Minis

Nutritional Supplements**Nature's Way Alive!**

Alive Cap
Max Potency Multivitamin
Alive w/o Fe added Cap
Max Potency Multivitamin w/o Fe

Rainbow Light

Active Senior Multivitamin 90
Women'S One Multivitamin 150
Food Based Calcium
Food Based Calcium
Prenatal One Multivitamin 90
Kid'S One Multistars 30
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 150
Kid'S One Multistars 90
Women'S One Multivitamin 30
Nail, Hair & Skin Connection 60
Just Once Multivitamin 120
Super C 1000 60
Counter Attack 90
Counter Attack 30
Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Active Senior Multivitamin 30
Just Once Multivitamin 60
Men'S One Multivitamin 30
Women'S One Multivitamin 90
Just Once Multivitamin 30
Pain - Eze 30
Nutristart Multivitamin Powder 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

Baked Goods**Ener-G Foods**

White Rice Loaf
Hi-Fiber Loaf

Ener-G Foods (Cont'd)

Brown Rice Loaf
Tapioca Loaf

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

Hi-Fiber Loaf
Brown Rice Loaf
Tapioca Loaf
White 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

Cereal**Arrowhead Mills**

Organic Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life**

Gluten Free Sun Bar
Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

So Delicious (Cont'd)

Coconut Almond Minis

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Coconut Milk Cookie Dough
Peanut Butter Zigzag
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Almond Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce