

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Overland Park Store, Rocky Mountain 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
- Light Brown Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Tapioca Loaf
- Light Brown Rice Loaf

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

Condiments

Organicville

- Organic Dressing, French
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Enjoy Life Foods (Cont'd)

- Soft Baked Chocolate Chip Cookies

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

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

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

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin
- Alive Cap

Rainbow Light

- Active Senior Multivitamin 90
- Women'S One Multivitamin 90
- Women'S One Multivitamin 30
- Food Based Calcium
- Vitamin D 1,000 Iu Gummies 100
- Prenatal One Multivitamin 90
- Prenatal One Multivitamin 30
- Prenatal Petite Multivitamin 90
- Vitamin D 1,000 Iu Gummies 50
- Prenatal One Multivitamin 150
- Nutristart Multivitamin Powder 30
- Kid'S One Multistars 90
- Men'S One Multivitamin 30
- Counter Attack 90
- Active Health Teen Multivitamin 90
- Men'S One Multivitamin 90

Sauces/Salsas/Dips

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

- Light Brown Rice Loaf
- Tapioca Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Light Brown Rice Loaf
- Tapioca Loaf

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits
- Organic Rice & Shine Hot Cereal

Condiments

Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organicville (Cont'd)

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

So Delicious

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

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

Purely Decadent

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin
- Alive Cap

Rainbow Light

- Prenatal One Multivitamin 90
- Kid'S One Multistars 90
- Counter Attack 90
- Women'S One Multivitamin 90
- Women'S One Multivitamin 30
- Vitamin D 1,000 Iu Gummies 50
- Prenatal One Multivitamin 150

Rainbow Light (Cont'd)

Men'S One Multivitamin 90
Prenatal Petite Multivitamin 90
Nutrstart Multivitamin Powder 30
Food Based Calcium
Men'S One Multivitamin 30
Active Senior Multivitamin 90
Prenatal One Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Active Health Teen Multivitamin 90

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Light Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf
Light Brown Rice Loaf

Cereal

Arrowhead Mills

Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
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

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

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce