

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pinecrest 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

Hi-Fiber Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Hain

Baking Powder

Bread

Ener-G Foods

Hi-Fiber 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

Organic Yellow Corn Grits

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organicville (Cont'd)

Organic Ketchup

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

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

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

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 Sesame Teriyaki
- Organic Island Teriyaki

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin w/o Fe
- Alive Cap
- Max Potency Multivitamin
- Max Potency Multivitamin w/o Fe
- Vitamin C
- Max Potency Multivitamin
- Alive w/o Fe added Cap
- Max Potency Multivitamin w/o Fe
- Max Potency Multivitamin

Rainbow Light

- Men'S One Multivitamin 90
- Just Once Multivitamin 30
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 90
- Women'S One Multivitamin 150
- Active Senior Multivitamin 90
- Calcium Citrate Mini Tabs 120
- Vitamin D 400 Iu Gummies 60
- Active Health Teen Multivitamin 90
- Nail, Hair & Skin Connection 60
- Pain - Eze 30
- Women'S One Multivitamin 30
- Complete Iron System 60
- Prenatal One Multivitamin 150
- Just Once Multivitamin 120
- Prenatal Petite Multivitamin 90
- Vitamin D 1,000 Iu Gummies 100
- Everyday Calcium With Enzymes 120
- Everyday Calcium With Enzymes 240
- Women'S One Multivitamin 90
- Active Senior Multivitamin 30
- Just Once Multivitamin 60
- Men'S One Multivitamin 30
- Gummy Omegalicious 30

Sauces/Salsas/Dips

OrganicVille

OrganicVille (Cont'd)

- Original BBQ Sauce

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

- Hi-Fiber Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Egg Replacer

Hain

- Baking Powder

Bread

Ener-G Foods

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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Ketchup
- Organic Tangy BBQ Sauce
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Miso Ginger Vinaigrette
- 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 Cocoa Loco Snack Bar

Enjoy Life Foods

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

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

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Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

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Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Vitamin C

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Alive Cap

Alive w/o Fe added Cap

Max Potency Multivitamin w/o Fe

Rainbow Light

Men'S One Multivitamin 30

Just Once Multivitamin 60

Vitamin D 1,000 Iu Gummies 100

Women'S One Multivitamin 90

Prenatal Petite Multivitamin 90

Active Senior Multivitamin 30

Rainbow Light (Cont'd)

Everyday Calcium With Enzymes 120

Gummy Omegalicious 30

Women'S One Multivitamin 150

Pain - Eze 30

Calcium Citrate Mini Tabs 120

Vitamin D 400 Iu Gummies 60

Active Senior Multivitamin 90

Everyday Calcium With Enzymes 240

Prenatal One Multivitamin 90

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

Complete Iron System 60

Just Once Multivitamin 120

Just Once Multivitamin 30

Prenatal One Multivitamin 150

Nail, Hair & Skin Connection 60

Men'S One Multivitamin 90

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Hi-Fiber Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Bread

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Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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 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

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

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So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

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Coconut Almond Minis

Organic Chocolate Velvet

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

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