

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pembroke Pines 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
- Light Brown Rice Loaf
- Brown Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

- Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

- Brown Rice Loaf Yeast Free
- Egg Replacer
- White Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf
- White Rice Loaf
- White Rice Loaf Yeast Free
- Light Brown Rice Loaf
- Brown Rice Loaf Yeast Free
- Tapioca Loaf
- 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 Yellow Corn Grits
- Organic Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes

Condiments

Organicville

- Original BBQ Sauce

Organicville

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

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
- 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

Purely Decadent Cookie Dough

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Vitamin C

Rainbow Light

Gummy Power Sours 30

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Super C 1000 60

Nail, Hair & Skin Connection 60

Kid'S One Multistars 90

Men'S One Multivitamin 90

Just Once Multivitamin 30

Rainbow Light (Cont'd)

Prenatal One Multivitamin 30

Men'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Complete Iron System 60

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Just Once Multivitamin 120

Prenatal One Multivitamin 90

Everyday Calcium With Enzymes 120

Food Based Calcium

Food Based Calcium

Pain - Eze 30

Men'S One Multivitamin 150

Kid'S One Multistars 30

Counter Attack 30

Gummy Omegalicious 30

Everyday Calcium With Enzymes 240

Calcium Citrate Mini Tabs 120

Magnesium Calcium "+" 90

Just Once Multivitamin 60

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Active Senior Multivitamin 30

Active Senior 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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

Light Brown Rice Loaf

Hi-Fiber Loaf

Tapioca Loaf

White Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

White Rice Loaf Yeast Free

Ener-G Foods (Cont'd)

Brown Rice Loaf Yeast Free
Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

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

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin
Max Potency Multivitamin
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin w/o Fe
Vitamin C

Rainbow Light

Counter Attack 30
Vitamin D 1,000 Iu Gummies 100
Active Senior Multivitamin 30
Active Senior Multivitamin 90
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 30
Men'S One Multivitamin 150
Nail, Hair & Skin Connection 60

Rainbow Light (Cont'd)

Prenatal One Multivitamin 150
Men'S One Multivitamin 90
Just Once Multivitamin 30
Super C 1000 60
Vitamin D 400 Iu Gummies 60
Everyday Calcium With Enzymes 120
Pain - Eze 30
Just Once Multivitamin 60
Kid'S One Multistars 90
Kid'S One Multistars 30
Complete Iron System 60
Women'S One Multivitamin 90
Gummy Power Sours 30
Food Based Calcium
Food Based Calcium
Women'S One Multivitamin 150
Prenatal One Multivitamin 90
Everyday Calcium With Enzymes 240
Just Once Multivitamin 120
Gummy Omegalicious 30
Nutristart Multivitamin Powder 30
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 30
Magnesium Calcium "+" 90
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Counter Attack 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

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

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

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

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
Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

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

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

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