

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Park Lane 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

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Very Berry Snack Bar

Gluten Free Cocoa Loco Snack Bar

Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

So Delicious (Cont'd)

Coconut Milk Cookie Dough

Dairy Alternatives

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 Fingers, Allergen Free

Popcorn Turkey Corn Dogs

Chicken Nuggets, 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

Max Potency Multivitamin

Alive Cap

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Rainbow Light

Active Senior Multivitamin 90

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Calcium Citrate Mini Tabs 120

Women'S One Multivitamin 30

Rainbow Light (Cont'd)

Women'S Nutritional System 180
Just Once Multivitamin 60
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Complete Iron System 60
Magnesium Calcium "+" 180
Magnesium Calcium "+" 90
Food Based Calcium
Vitamin D 400 Iu Gummies 60
Active Health Teen Multivitamin 90
Gummy Omegalicious 30
Prenatal Multi Vitamin
Nutristart Multivitamin Powder 30
Vitamin D 1,000 Iu Gummies 50
Gummy Power Sours 30
Men'S One Multivitamin 90
Organic Womens Multi Vitamin
Food Based Calcium
Men'S One Multivitamin 150
Kid'S One Multistars 90
Prenatal One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

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

Condiments

Organicville

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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar
Gluten Free Very Berry Snack Bar
Gluten Free Caramel Apple 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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

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

Popcorn Turkey Corn Dogs
Chicken Fingers, Allergen Free
Chicken Nuggets, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

Vitamin D 1,000 Iu Gummies 50
Kid'S One Multistars 90
Men'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Just Once Multivitamin 60
Gummy Power Sours 30
Magnesium Calcium "+" 90
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Men'S One Multivitamin 90
Women'S One Multivitamin 90
Food Based Calcium
Active Senior Multivitamin 90

Rainbow Light (Cont'd)

- Gummy Omegalicious 30
- Complete Iron System 60
- Prenatal Multi Vitamin
- Women'S Nutritional System 180
- Women'S One Multivitamin 150
- Calcium Citrate Mini Tabs 120
- Prenatal One Multivitamin 90
- Men'S One Multivitamin 30
- Food Based Calcium
- Active Health Teen Multivitamin 90
- Magnesium Calcium "+" 180
- Organic Womens Multi Vitamin

Vibrant Health

- Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Enjoy Life Foods

- Mini Chips

Cereal

Arrowhead Mills

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

Condiments

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Caramel Apple Snack Bar
- Gluten Free Very Berry Snack Bar

Enjoy Life Foods

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

- Chocolate Covered Vanilla Coconut Minis

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Arrowhead Mills

Arrowhead Mills (Cont'd)

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