

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Park Ridge Store, Midwest 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

Ener-G Foods

- Xanthum Gum
- Egg Replacer
- Brown Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf Yeast Free

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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, French
- 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
- Gluten Free Sun Bar

Enjoy Life Foods

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Popcorn Turkey Corn Dogs
- Fish Sticks, Allergen Free

So Delicious

- Coconut Almond Minis
- Coconut Milk Cookie Dough
- Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

- Women'S One Multivitamin 150
- Everyday Calcium With Enzymes 120
- Prenatal Petite Multivitamin 90
- Food Based Calcium
- Women'S One Multivitamin 90
- Just Once Multivitamin 30
- Kid'S One Multistars 30

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 30
Nutristart Multivitamin Powder 30
Gummy Power Sours 30
Kid'S One Multistars 90
Active Health Teen Multivitamin 90
Just Once Multivitamin 120
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 30
Active Senior Multivitamin 90
Prenatal One Multivitamin 90
Men'S One Multivitamin 90
Food Based Calcium
Energy B-Complex 45
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Men'S One Multivitamin 150

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Ener-G Foods

Brown Rice Loaf Yeast Free
Egg Replacer
Xanthum Gum

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf Yeast Free

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch
Organic Ketchup
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, French

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 Sun Bar

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Fish Sticks, Allergen Free

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Active Health Teen Multivitamin 90
Men'S One Multivitamin 150
Prenatal One Multivitamin 150
Men'S One Multivitamin 90
Women'S One Multivitamin 30
Women'S One Multivitamin 150
Food Based Calcium
Energy B-Complex 45
Just Once Multivitamin 30
Kid'S One Multistars 90
Women'S One Multivitamin 90
Prenatal One Multivitamin 30
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 30
Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Just Once Multivitamin 120
Vitamin D 1,000 Iu Gummies 50
Nutristart Multivitamin Powder 30
Active Senior Multivitamin 90

Rainbow Light (Cont'd)

Food Based Calcium
Kid'S One Multistars 30
Gummy Power Sours 30
Everyday Calcium With Enzymes 120

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs**Ener-G Foods**

Egg Replacer

Enjoy Life Foods

Mini Chips

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

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
Gluten Free Sun Bar

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Frozen Foods**So Delicious**

Coconut Almond Minis
Coconut Milk Cookie Dough

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce