

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Plano 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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Organic Maple Buckwheat Flakes

Condiments

Organicville

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

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 Caramel Apple Snack Bar

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Enjoy Life Foods (Cont'd)

Soft Baked Gingerbread Spice Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

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 Nuggets, Allergen Free

Chicken Fingers, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Alive w/o Fe added Cap

Max Potency Multivitamin w/o Fe

Vitamin C

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Max Potency Multivitamin

Rainbow Light

Food Based Calcium
Everyday Calcium With Enzymes 240
Gummy Power Sours 30
Food Based Calcium
Calcium Citrate Mini Tabs 120
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 90
Prenatal One Multivitamin 30
Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Counter Attack 30
Vitamin D 1,000 Iu Gummies 50
Kid'S One Multistars 90
Men'S One Multivitamin 150
Prenatal Petite Multivitamin 90
Vitamin D 400 Iu Gummies 60
Magnesium Calcium "+" 180
Just Once Iron-Free Multivitamin 120
Active Senior Multivitamin 90
Women'S One Multivitamin 150
Gummy Omegalicious 30
Women'S Nutritional System 180
Active Health Teen Multivitamin 90
Magnesium Calcium "+" 90
Just Once Multivitamin 60
Active Senior Multivitamin 30
Just Once Multivitamin 120
Men'S One Multivitamin 30
Kid'S One Multistars 30
Men'S One Multivitamin 90
Complete Iron System 60

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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Arrowhead Mills (Cont'd)

Organic Yellow Corn Grits
Organic Maple Buckwheat Flakes

Condiments

Organicville

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

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free
Chicken Fingers, 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
Vitamin C
Alive w/o Fe added Cap
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin

Nature's Way Alive! (Cont'd)

Max Potency Multivitamin

Rainbow Light

Active Health Teen Multivitamin 90
Gummy Omegalicious 30
Everyday Calcium With Enzymes 240
Just Once Multivitamin 120
Women'S One Multivitamin 30
Kid'S One Multistars 90
Men'S One Multivitamin 90
Food Based Calcium
Magnesium Calcium "+" 180
Prenatal Petite Multivitamin 90
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 90
Magnesium Calcium "+" 90
Vitamin D 400 Iu Gummies 60
Complete Iron System 60
Prenatal One Multivitamin 30
Men'S One Multivitamin 30
Men'S One Multivitamin 150
Gummy Power Sours 30
Calcium Citrate Mini Tabs 120
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Women'S One Multivitamin 150
Active Senior Multivitamin 30
Active Senior Multivitamin 90
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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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Arrowhead Mills (Cont'd)

Organic Yellow Corn Grits
Organic Maple Buckwheat Flakes

Condiments**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Entrees and Mixes**Arrowhead Mills**

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Sauces/Salsas/Dips**The Ginger People**

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