

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pikes Peak Store, Rocky Mountain 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

- Light Brown Rice Loaf
- Tapioca Hamburger Buns

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Tapioca Flour
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Light Brown Rice Loaf
- Tapioca Hamburger Buns

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

Condiments

Organicville

- Organic Ketchup
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic 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

Enjoy Life (Cont'd)

- 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

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

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

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

Purely Decadent (Cont'd)

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements**Nature's Way Alive!**

Alive Cap
Max Potency Multivitamin w/o Fe

Rainbow Light

Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 150
Food Based Calcium
Men'S One Multivitamin 150
Women'S One Multivitamin 30
Active Health Teen Multivitamin 90
Food Based Calcium
Men'S One Multivitamin 90
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 240
Active Senior Multivitamin 90
Men'S One Multivitamin 30
Women'S One Multivitamin 90
Pain - Eze 30
Prenatal Petite Multivitamin 90
Counter Attack 90
Vitamin D 1,000 Iu Gummies 100
Prenatal One Multivitamin 90
Magnesium Calcium "+" 180
Nutristart Multivitamin Powder 30
Kid'S One Multistars 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

Baked Goods**Ener-G Foods**

Tapioca Hamburger Buns
Light Brown Rice Loaf

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Ener-G Foods**Ener-G Foods (Cont'd)**

Egg Replacer
Tapioca Flour

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

Tapioca Hamburger Buns
Light Brown Rice Loaf

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal
Organic Yellow Corn Grits

Condiments**Organicville**

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

Enjoy Life Foods

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

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

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

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin w/o Fe
- Alive Cap

Rainbow Light

- Nutristart Multivitamin Powder 30
- Everyday Calcium With Enzymes 240
- Active Senior Multivitamin 90
- Men'S One Multivitamin 150
- Prenatal One Multivitamin 150
- Men'S One Multivitamin 90
- Vitamin D 1,000 Iu Gummies 50
- Active Health Teen Multivitamin 90
- Prenatal One Multivitamin 30
- Prenatal Petite Multivitamin 90
- Food Based Calcium
- Women'S One Multivitamin 90
- Vitamin D 1,000 Iu Gummies 100
- Magnesium Calcium "+" 180
- Pain - Eze 30
- Food Based Calcium
- Kid'S One Multistars 90
- Women'S One Multivitamin 30
- Prenatal One Multivitamin 90
- Men'S One Multivitamin 30
- Counter Attack 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

Baked Goods

Ener-G Foods

- Light Brown Rice Loaf

Ener-G Foods (Cont'd)

- Tapioca Hamburger Buns

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Tapioca Flour
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Light Brown Rice Loaf
- Tapioca Hamburger Buns

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits
- Organic Rice & Shine Hot Cereal

Condiments

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Sun Bar
- Gluten Free Cocoa Loco Snack 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

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce