

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pearl 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.

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic 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 Sun Bar

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Purely Decadent Cookie Dough

Purely Decadent (Cont'd)

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

Peanut Butter Zigzag

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Women'S One Multivitamin 90

Active Health Teen Multivitamin 90

Counter Attack 30

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 30

Rainbow Light (Cont'd)

Food Based Calcium
Magnesium Calcium "+" 180
Prenatal One Multivitamin 90
Men'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Men'S One Multivitamin 30
Men'S One Multivitamin 150
Food Based Calcium
Kid'S One Multistars 90
Prenatal Petite Multivitamin 90
Nutristart Multivitamin Powder 30
Counter Attack 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

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

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

Organicville

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

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Purely Decadent (Cont'd)

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

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Vitamin D 1,000 Iu Gummies 100
Active Health Teen Multivitamin 90
Men'S One Multivitamin 150
Food Based Calcium
Nutristart Multivitamin Powder 30
Magnesium Calcium "+" 180
Food Based Calcium
Women'S One Multivitamin 30
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Prenatal One Multivitamin 30
Women'S One Multivitamin 90
Counter Attack 90
Counter Attack 30
Men'S One Multivitamin 90
Men'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 150

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

The Ginger People

The Ginger People (Cont'd)

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

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 Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

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Frozen Foods**Purely Decadent**

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce