

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Portland Store, Pacific Northwest 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

Egg Replacer

#### Enjoy Life Foods

Mini Chips

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice  
Chocolate Bar

### Cereal

#### Arrowhead Mills

Organic Maple Buckwheat Flakes

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Sticks

Pretzel Twists

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

#### The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### Cookies and Snack Bars

#### Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

Soft Baked Double Chocolate Brownie Cookies

### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

Egg Replacer

### So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

### Ethnic Foods

#### Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

### Frozen Foods

#### Ian's Natural Foods

Chicken Nuggets, Allergen Free

Fish Sticks, Allergen Free

### So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

### Nutritional Supplements

#### Rainbow Light

Food Based Calcium

Men'S One Multivitamin 150

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Pain - Eze 30

Active Senior Multivitamin 90

Women'S One Multivitamin 150

Women'S One Multivitamin 90

Prenatal Petite Multivitamin 180

Calcium Citrate Mini Tabs 120

Vitamin D 1,000 Iu Gummies 50

## **Rainbow Light (Cont'd)**

Food Based Calcium  
Prenatal One Multivitamin 30  
Vitamin D 400 Iu Gummies 60  
Vitamin D 1,000 Iu Gummies 100  
Kid'S One Multistars 30  
Gummy Omegalicious 30  
Prenatal Petite Multivitamin 90  
Active Health Teen Multivitamin 90  
Prenatal One Multivitamin 90  
Kid'S One Multistars 90  
Complete B-Complex 90  
Prenatal One Multivitamin 150

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki  
Organic Tangy BBQ Sauce  
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 w/ Crispy Rice  
Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Sticks  
Pretzel Twists

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies

## **Enjoy Life Foods (Cont'd)**

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon  
Soft Baked Chocolate Chip 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  
Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Fish Sticks, Allergen Free  
Chicken Nuggets, Allergen Free

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Vitamin D 1,000 Iu Gummies 100  
Complete B-Complex 90  
Prenatal Petite Multivitamin 90  
Food Based Calcium  
Food Based Calcium  
Women'S One Multivitamin 150  
Calcium Citrate Mini Tabs 120  
Men'S One Multivitamin 150  
Prenatal One Multivitamin 30  
Prenatal Petite Multivitamin 180  
Vitamin D 1,000 Iu Gummies 50  
Pain - Eze 30  
Kid'S One Multistars 30  
Active Health Teen Multivitamin 90  
Active Senior Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 150  
Men'S One Multivitamin 30  
Women'S One Multivitamin 90  
Prenatal One Multivitamin 90  
Gummy Omegalicious 30  
Kid'S One Multistars 90  
Women'S One Multivitamin 30

## **Sauces/Salsas/Dips**

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Original BBQ Sauce

**Organicville**

Organic Tangy BBQ Sauce  
Organic Sesame Teriyaki  
Organic Island 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 w/ Crispy Rice  
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 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

**Frozen Foods****So Delicious**

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

**Sauces/Salsas/Dips****Organicville**

Original BBQ Sauce

**The Ginger People**

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