

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Alamo Quarry 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 Yellow Corn Grits

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

### Condiments

#### Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

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 Foods

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

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

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Ethnic Foods

#### Organicville

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

Max Potency Multivitamin

#### Rainbow Light

Active Senior Multivitamin 90

Complete Iron System 60

Vitamin D 400 Iu Gummies 60

Multi-Vitamin Mens

Calcium Citrate Mini Tabs 120

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 90

Chewable Calcium Citrate Multi-Mins 45

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

Gummy Power Sours 30  
Complete B-Complex 90  
Food Based Calcium  
Kid'S One Multistars 90  
Vitamin D 1,000 Iu Gummies 50  
Active Senior Multivitamin 30  
Women'S One Multivitamin 90  
Women'S One Multivitamin 30  
Magnesium Calcium "+" 180  
Prenatal One Multivitamin 150  
Men'S One Multivitamin 90  
Women'S One Multivitamin 150  
Organic Womens Multi Vitamin  
Gummy Omegalicious 30  
Kid'S One Multistars 30  
Men'S One Multivitamin 150  
Men'S One Multivitamin 30

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

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 Yellow Corn Grits  
Organic Maple Buckwheat Flakes  
Organic Rice & Shine Hot Cereal

## **Condiments**

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Ketchup  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
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 Chocolate Chip Cookies

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

Soft Baked Gingerbread Spice 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**

Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Fingers, Allergen Free  
Popcorn Turkey Corn Dogs  
Chicken Nuggets, Allergen Free

### **So Delicious**

Coconut Milk Cookie Dough  
Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

### **Nature's Way Alive!**

Max Potency Multivitamin  
Max Potency Multivitamin

### **Rainbow Light**

Chewable Calcium Citrate Multi-Mins 45  
Gummy Power Sours 30  
Men'S One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Food Based Calcium  
Calcium Citrate Mini Tabs 120  
Multi-Vitamin Mens  
Active Senior Multivitamin 90  
Active Senior Multivitamin 30  
Complete Iron System 60  
Women'S One Multivitamin 30  
Kid'S One Multistars 30  
Magnesium Calcium "+" 180  
Organic Womens Multi Vitamin  
Prenatal Petite Multivitamin 90  
Women'S One Multivitamin 90  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 90  
Men'S One Multivitamin 150  
Kid'S One Multistars 90  
Active Health Teen Multivitamin 90

**Rainbow Light (Cont'd)**

Vitamin D 1,000 Iu Gummies 50  
Complete B-Complex 90  
Men'S One Multivitamin 30  
Women'S One Multivitamin 150  
Gummy Omegalicious 30

**Vibrant Health**

Joint Vibrance Powder

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

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 Maple Buckwheat Flakes  
Organic Rice & Shine Hot Cereal  
Organic Yellow Corn Grits

**Condiments****The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Cookies and Snack Bars****Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon  
Soft Baked Gingerbread Spice Cookies  
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

**Entrees and Mixes****Arrowhead Mills**

Gluten Free Fudge Brownie Mix

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

Coconut Milk Cookie Dough  
Chocolate Covered Vanilla Coconut Minis

**Nutritional Supplements****Rainbow Light**

Multi-Vitamin Mens

**Rainbow Light (Cont'd)**

Organic Womens Multi Vitamin

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce