

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Rochester Hills Store, Midwest 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

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Xanthum Gum

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Enjoy Life (Cont'd)

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

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Alive w/o Fe added Cap

Rainbow Light

Food Based Calcium
Women'S One Multivitamin 30
Active Senior Multivitamin 90
Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Prenatal Petite Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Just Once Multivitamin 120
Complete B-Complex 90
Active Health Teen Multivitamin 90
Kid'S One Multistars 90
Women'S One Multivitamin 150
Women'S One Multivitamin 90
Calcium Citrate Mini Tabs 120
Prenatal One Multivitamin 150
Men'S One Multivitamin 90
Food Based Calcium
Prenatal One Multivitamin 30
Gummy Power Sours 30
Performance Energy Multivitamin 90
Men'S One Multivitamin 150
Nutristart Multivitamin Powder 30
Chewable Calcium Citrate Multi-Mins 45
Men'S One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits**Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs**Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Egg Replacer
Xanthum Gum

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Candy and Chocolate**Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

Enjoy Life (Cont'd)

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

Cereal**Arrowhead Mills**

Organic Maple Buckwheat Flakes

Condiments**OrganicVille**

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, French
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 Snickerdoodle Cookies Classic Sprinkled
Cinnamon
Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Entrees and Mixes**Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods**Organicville**

Organic Sesame Teriyaki

Frozen Foods**Ian's Natural Foods**

Fish Sticks, Allergen Free

Purely Decadent

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So Delicious

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Vitamin D 1,000 Iu Gummies 100
Chewable Calcium Citrate Multi-Mins 45
Men'S One Multivitamin 90
Women'S One Multivitamin 30
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 90
Active Health Teen Multivitamin 90
Just Once Multivitamin 120
Food Based Calcium
Prenatal One Multivitamin 150
Nutristart Multivitamin Powder 30
Gummy Power Sours 30
Active Senior Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 150
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 30
Women'S One Multivitamin 90
Men'S One Multivitamin 150
Performance Energy Multivitamin 90
Prenatal Petite Multivitamin 90
Prenatal One Multivitamin 30
Kid'S One Multistars 90

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

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Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate

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Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
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Chocolate Bar

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