

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Richardson 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.

Baked Goods

Ener-G Foods

- White Rice Loaf
- Brown Rice Loaf

WFM Gluten Free Bakehouse

- Honey Oat Bread

Baking Needs

Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Blue Corn Meal
- Long Grain Brown Rice Flour
- Buckwheat Flour

Ener G Foods

- Egg Replacer

Ener-G Foods

- Xanthum Gum

Hain

- Baking Powder

Orgran

- Egg Replacer

Bread

Ener-G Foods

- White Rice Loaf
- Brown Rice Loaf

WFM Gluten Free Bakehouse

- Honey Oat Bread

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits

Condiments

Organicville

- Organic Ketchup
- Organic Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

- Cocoa Loco Chewy Bar
- Caramel Apple Chewy Bar

Glutino

- Apple Breakfast Bars
- Blueberry Breakfast Bars

Dairy Alternatives

Ener G Foods

- Egg Replacer

Entrees and Mixes

Arrowhead Mills

- Gluten Free All Purpose Baking Mix

Hair Care Products

365 Every Day Value™

- 365 Fragrance Free Conditioner
- 365 Fragrance Free Shampoo for Oily and Normal
- 365 Herbal Mint Shampoo for Normal and Dry
- 365 Herbal Mint Shampoo for Oily and Normal
- 365 Herbal Mint Conditioner
- 365 Herbal Mint Shampoo for Normal and Dry
- 365 Herbal Mint Shampoo for Oily and Normal
- 365 Lavender Blend Shampoo for Oily and Normal
- 365 Lavender Blend Shampoo for Normal and Dry
- 365 Lavender Blend Conditioner
- 365 Lavender Blend Conditioner

Hand & Body Lotions

365 Every Day Value™

365 Every Day Value™ (Cont'd)

365 Lavender Blend Body Lotion

Hand & Body Washes

365 Every Day Value™

365 Fragrance Free Shower Gel

365 Fragrance Free Shower Gel

365 Herbal Mint Shower Gel

365 Lavender Blend Shower Gel

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Alive Cap

Rainbow Light

COMPLETE PRENATAL SYSTEM 180

JUST ONCE IRON-FREE MULTIVITAMIN 60

WOMEN'S ONE MULTIVITAMIN 30

MEN'S ONE MULTIVITAMIN 150

PRENATAL ONE MULTIVITAMIN 90

PRENATAL ONE MULTIVITAMIN 150

KID'S ONE MULTISTARS 90

PROTEIN ENERGIZER VANILLA

PROTEIN ENERGIZER CHOCOLATE

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Max Potency Multivitamin w/o Fe

Alive Cap

Rainbow Light

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MEN'S ONE MULTIVITAMIN 150
PRENATAL ONE MULTIVITAMIN 90
PRENATAL ONE MULTIVITAMIN 150
KID'S ONE MULTISTARS 90
PROTEIN ENERGIZER VANILLA
PROTEIN ENERGIZER CHOCOLATE

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