

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Redmond 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

Hain

Baking Powder

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

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 Ketchup

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

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 Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled

Cinnamon

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

Organic Creamy Vanilla

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Gummy Power Sours 30

Kid'S One Multistars 90

Rainbow Light (Cont'd)

Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50

Gummy Omegalicious 30
Prenatal Multi Vitamin
Complete B-Complex 90
Men'S One Multivitamin 30
Active Senior Multivitamin 90
Prenatal One Multivitamin 90
Gummy Bear Essentials 30
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Prenatal Petite Multivitamin 90
Organic Womens Multi Vitamin
Food Based Calcium
Kid'S One Multistars 30
Women'S One Multivitamin 150
Multi-Vitamin Mens

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Candy and Chocolate

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Boom Choco Boom Dark 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 Ketchup
Organic Dressing, Non Dairy Ranch
Organic Dressing, French
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Kid'S One Multistars 90
Gummy Bear Essentials 30
Prenatal Multi Vitamin
Women'S One Multivitamin 150
Men'S One Multivitamin 150
Active Health Teen Multivitamin 90
Gummy Omegalicious 30

Rainbow Light (Cont'd)

Prenatal One Multivitamin 30
Food Based Calcium
Women'S One Multivitamin 30
Men'S One Multivitamin 30
Prenatal Petite Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Calcium Citrate Mini Tabs 120
Organic Womens Multi Vitamin
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 150
Gummy Power Sours 30
Prenatal One Multivitamin 90
Kid'S One Multistars 30
Complete B-Complex 90
Multi-Vitamin Mens
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Vibrant Health

Joint Vibrance Powder

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