

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Raintree Store, Southern Pacific 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

Tapioca Loaf

WFM Gluten Free Bakehouse

Carrot Cake

Morning Glory Muffins

Molasses Ginger Cookies

Baking Needs

123 Gluten Free

Southern Glory Biscuit Mix

Chewy Chipless Scrumdelicious Cookie Mix

Arrowhead Mills

White Rice Flour

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix

Fudge Brownie Mix

Chocolate Cake Mix

Ener G Foods

Egg Replacer

Ener-G Foods

Potato Mix

Bread

Ener-G Foods

Tapioca Loaf

Glutino

Premium Corn Bread

Premium Fiber Bread

Premium Cinnamon & Raisin Bread

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Enjoy Life Foods

Very Berry Crunch Granola

Two Moms in the Raw

Gluten-Free Raisin Granola

Chips/Pretzels/Snacks

Enjoy Life Foods

Very Berry Crunch Granola

Two Moms in the Raw

Gluten-Free Raisin Granola

Condiments

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Sesame Tamari Vinaigrette

Cookies and Snack Bars

Enjoy Life

Caramel Apple Chewy Bar

Glutino

Apple Breakfast Bars

Blueberry Breakfast Bars

Two Moms in the Raw

Gluten-Free Raisin Granola

WFM Gluten Free Bakehouse

Molasses Ginger Cookies

Dairy Alternatives

Ener G Foods

Egg Replacer

Purely Decadent

Purely Decadent Turtle Tracks

Purely Decadent Pomagranate Chip

Purely Decadent Chocolate Obsession

Purely Decadent Mocha Almond Fudge

Purely Decadent (Cont'd)

Purely Decadent Cherry Nirvana

Desserts

So Delicious

Peanut Butter Zigzag

WFM Gluten Free Bakehouse

Carrot Cake

Entrees and Mixes

Cherrybrook Kitchen Gluten Free Dreams

Chocolate Frosting Mix

Fudge Brownie Mix

Chocolate Cake Mix

Frozen Foods

Ian's Natural Foods

Chicken Patties, Wheat Free Gluten Free

Popcorn Turkey Corn Dogs

Fish Sticks, Allergen Free

It's Soy Delicious

Vanilla Non-Dairy Frozen Dessert

Awesome Chocolate Non-Dairy Frozen Dessert

Purely Decadent

Purely Decadent Turtle Tracks

Purely Decadent Pomagranate Chip

Purely Decadent Chocolate Obsession

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So Delicious

Peanut Butter Zigzag

Nutritional Supplements

Rainbow Light

COMPLETE B-COMPLEX 90

COMPLETE PRENATAL SYSTEM 60

PAIN - EZE 30

MEN'S ONE MULTIVITAMIN 30

MEN'S ONE MULTIVITAMIN 90

ACTIVE HEALTH TEEN MULTIVITAMIN 90

SUPRACLEAR SINUS AND CHEST 30

COUNTER ATTACK 30

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Cherrybrook Kitchen Gluten Free Dreams (Cont'd)

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Fudge Brownie Mix

Chocolate Cake Mix

Ener G Foods

Egg Replacer

Ener-G Foods

Potato Mix

Bread

Ener-G Foods

Tapioca Loaf

Glutino

Premium Corn Bread

Premium Fiber Bread

Premium Cinnamon & Raisin Bread

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Enjoy Life Foods

Very Berry Crunch Granola

Two Moms in the Raw

Gluten-Free Raisin Granola

Chips/Pretzels/Snacks

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Two Moms in the Raw

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Organic Dressing, Sesame Tamari Vinaigrette

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Enjoy Life

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Glutino

Apple Breakfast Bars

Blueberry Breakfast Bars

Two Moms in the Raw

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WFM Gluten Free Bakehouse

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COMPLETE PRENATAL SYSTEM 60

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MEN'S ONE MULTIVITAMIN 30

MEN'S ONE MULTIVITAMIN 90

ACTIVE HEALTH TEEN MULTIVITAMIN 90

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COUNTER ATTACK 30

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Tapioca Loaf

Baking Needs

Arrowhead Mills

White Rice Flour

Ener G Foods

Egg Replacer

Bread

Ener-G Foods

Tapioca Loaf

Cereal

Arrowhead Mills

Arrowhead Mills (Cont'd)

Organic Rice & Shine Hot Cereal

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