

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sarasota Store, Florida 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

- Brown Rice Loaf
- Tapioca Loaf
- Light Brown Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Light Brown Rice Loaf
- Brown Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

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

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Ketchup
- Organic Tangy BBQ Sauce
- Organic Dressing, Non Dairy Ranch

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Glutino

- Blueberry Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis
- Organic Creamy Vanilla
- Organic Chocolate Velvet

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Alive Cap

Rainbow Light

Kid'S One Multistars 90

Prenatal One Multivitamin 30

Gummy Power Sours 30

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Just Once Multivitamin 120

Nutristart Multivitamin Powder 30

Active Health Teen Multivitamin 90

Men'S One Multivitamin 30

Gummy Omegalicious 30

Women'S One Multivitamin 90

Just Once Multivitamin 60

Complete Iron System 60

Just Once Multivitamin 30

Counter Attack 90

Men'S One Multivitamin 90

Women'S One Multivitamin 150

Kid'S One Multistars 30

Men'S One Multivitamin 150

Pain - Eze 30

Active Senior Multivitamin 30

Magnesium Calcium "+" 90

Food Based Calcium

Food Based Calcium

Prenatal One Multivitamin 90

Active Senior Multivitamin 90

Everyday Calcium With Enzymes 240

Nail, Hair & Skin Connection 60

Rainbow Light (Cont'd)

Counter Attack 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Light Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Brown Rice Loaf

Light Brown Rice Loaf

Tapioca Loaf

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 Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Gingerbread Spice Cookies

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Organic Chocolate Velvet

Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Alive Cap

Max Potency Multivitamin

Rainbow Light

Gummy Power Sours 30

Rainbow Light (Cont'd)

Just Once Multivitamin 120

Complete Iron System 60

Prenatal One Multivitamin 30

Women'S One Multivitamin 30

Magnesium Calcium "+" 90

Everyday Calcium With Enzymes 240

Just Once Multivitamin 30

Food Based Calcium

Active Health Teen Multivitamin 90

Men'S One Multivitamin 30

Men'S One Multivitamin 90

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Just Once Multivitamin 60

Pain - Eze 30

Active Senior Multivitamin 90

Kid'S One Multistars 90

Nail, Hair & Skin Connection 60

Prenatal One Multivitamin 90

Kid'S One Multistars 30

Women'S One Multivitamin 90

Counter Attack 30

Counter Attack 90

Nutristart Multivitamin Powder 30

Gummy Omegalicious 30

Food Based Calcium

Women'S One Multivitamin 150

Active Senior Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Light Brown Rice Loaf

Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf
- Light Brown Rice Loaf
- Tapioca Loaf

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
- Organic Yellow Corn Grits
- Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

- Original BBQ Sauce

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Glutino

- Blueberry Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Organic Creamy Vanilla
- Organic Chocolate Velvet
- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

Purely Decadent (Cont'd)

- Coconut Milk Mint Chip

So Delicious

- Coconut Milk Cookie Dough
- Organic Creamy Vanilla
- Coconut Almond Minis
- Peanut Butter Zigzag
- Organic Chocolate Velvet
- Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce