

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## South Beach 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

- Tapioca Loaf
- White Rice Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Ener-G Foods

- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

### Bread

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- White Rice Loaf
- Tapioca Loaf

### Candy and Chocolate

#### Enjoy Life

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

### Cereal

#### Arrowhead Mills

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

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

- Organic Ketchup
- Organic Tangy BBQ 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 Double Chocolate Brownie Cookies

#### Glutino

- Blueberry Breakfast Bars

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Purely Decadent

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

#### So Delicious

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

### 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

- Purely Decadent Cookie Dough

**Purely Decadent (Cont'd)**

Coconut Milk Mint Chip

**So Delicious**

Coconut Milk Cookie Dough

Coconut Almond Minis

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

**Nutritional Supplements****Nature's Way Alive!**

Vitamin C

Max Potency Multivitamin

Alive Cap

Max Potency Multivitamin

Alive w/o Fe added Cap

Max Potency Multivitamin w/o Fe

**Rainbow Light**

Men'S One Multivitamin 30

Kid'S One Multistars 30

Everyday Calcium With Enzymes 120

Just Once Multivitamin 60

Pain - Eze 30

Food Based Calcium

Men'S One Multivitamin 150

Everyday Calcium With Enzymes 240

Prenatal Petite Multivitamin 90

Magnesium Calcium "+" 180

Active Senior Multivitamin 90

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Food Based Calcium

Magnesium Calcium "+" 90

Active Senior Multivitamin 30

Gummy Power Sours 30

Prenatal One Multivitamin 90

Super C 1000 60

Calcium Citrate Mini Tabs 120

Men'S One Multivitamin 90

Women'S One Multivitamin 150

Counter Attack 90

Just Once Multivitamin 30

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 90

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 90

Complete Iron System 60

**Vibrant Health**

Joint Vibrance Powder

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**Organicville**

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Organic Sesame Teriyaki

**Baked Goods****Ener-G Foods**

White Rice Loaf

Tapioca Loaf

**Baking Needs****Arrowhead Mills**

Gluten Free Fudge Brownie Mix

**Ener-G Foods**

Brown Rice Loaf Yeast Free

**Enjoy Life Foods**

Mini Chips

**Bread****Ener-G Foods**

Tapioca Loaf

Brown Rice Loaf Yeast Free

White Rice 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 Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

**Condiments****OrganicVille**

Original BBQ Sauce

**Organicville**

Organic Tangy BBQ Sauce

Organic Ketchup

**Cookies and Snack Bars****Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

**Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

**Glutino**

Blueberry Breakfast Bars

**So Delicious**

Coconut Milk Cookie Dough

**Dairy Alternatives**

## **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

## **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Organic Creamy Vanilla  
Coconut Almond Minis

## **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**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Nature's Way Alive!**

Max Potency Multivitamin  
Alive Cap  
Max Potency Multivitamin w/o Fe  
Vitamin C  
Max Potency Multivitamin  
Alive w/o Fe added Cap

### **Rainbow Light**

Just Once Multivitamin 60  
Counter Attack 90  
Everyday Calcium With Enzymes 120  
Prenatal One Multivitamin 30  
Kid'S One Multistars 90  
Men'S One Multivitamin 30  
Men'S One Multivitamin 90  
Complete Iron System 60  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 90  
Active Senior Multivitamin 30  
Gummy Power Sours 30  
Women'S One Multivitamin 30  
Women'S One Multivitamin 150  
Pain - Eze 30

### **Rainbow Light (Cont'd)**

Active Health Teen Multivitamin 90  
Prenatal Petite Multivitamin 90  
Everyday Calcium With Enzymes 240  
Gummy Omegalicious 30  
Vitamin D 400 Iu Gummies 60  
Super C 1000 60  
Food Based Calcium  
Magnesium Calcium "+" 180  
Nutristart Multivitamin Powder 30  
Just Once Multivitamin 30  
Kid'S One Multistars 30  
Men'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium  
Calcium Citrate Mini Tabs 120  
Active Senior Multivitamin 90  
Magnesium Calcium "+" 90

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce  
Organic Island Teriyaki  
Organic Sesame Teriyaki

## **Baked Goods**

### **Ener-G Foods**

Tapioca Loaf  
White Rice Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

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

## **Condiments**

**OrganicVille**

Original BBQ Sauce

**Cookies and Snack Bars****Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

**Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

**Glutino**

Blueberry Breakfast Bars

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Coconut Milk Cookie Dough

**Dairy Alternatives****Purely Decadent**

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Original BBQ Sauce