

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## South Bend Store, Midwest 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

- Xanthum Gum
- Egg Replacer

### Enjoy Life Foods

- Mini Chips

## 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

## Condiments

### OrganicVille

- Original BBQ Sauce

### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Ketchup
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French

### The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## Cookies and Snack Bars

### Enjoy Life

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Sun Bar
- Gluten Free Caramel Apple Snack Bar

### Enjoy Life Foods

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies

### Enjoy Life Foods (Cont'd)

- 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

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

## Ethnic Foods

### Organicville

- 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

- Chocolate Covered Vanilla Coconut Minis
- Coconut Milk Cookie Dough
- Coconut Almond Minis

## Nutritional Supplements

### Rainbow Light

- Nutristart Multivitamin Powder 30
- Prenatal One Multivitamin 150
- Vitamin D 400 Iu Gummies 60
- Men'S One Multivitamin 150
- Active Health Teen Multivitamin 90

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

Women'S One Multivitamin 90  
Food Based Calcium  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 30  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium  
Men'S One Multivitamin 90  
Just Once Multivitamin 120  
Active Senior Multivitamin 90  
Men'S One Multivitamin 30  
Women'S One Multivitamin 150  
Kid'S One Multistars 90

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Ener-G Foods**

Xanthum Gum  
Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **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 Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, French  
Organic Dressing, Olive Oil & Balsamic Vinaigrette

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Caramel Apple Snack Bar  
Gluten Free Cocoa Loco Snack Bar  
Gluten Free Sun Bar

### **Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

## **Enjoy Life Foods (Cont'd)**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Double Chocolate Brownie Cookies

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## **Ethnic Foods**

### **Organicville**

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 Almond Minis  
Chocolate Covered Vanilla Coconut Minis  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Rainbow Light**

Food Based Calcium  
Just Once Multivitamin 120  
Women'S One Multivitamin 150  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Men'S One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 150  
Active Senior Multivitamin 90  
Kid'S One Multistars 90  
Active Health Teen Multivitamin 90  
Nutristart Multivitamin Powder 30  
Food Based Calcium  
Men'S One Multivitamin 30  
Men'S One Multivitamin 150

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

**The Ginger People (Cont'd)**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Baking Needs****Ener-G Foods**

Egg Replacer

**Enjoy Life Foods**

Mini Chips

**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

**Condiments****OrganicVille**

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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

Gluten Free Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

Gluten Free Sun Bar

**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**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

**Frozen Foods****Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

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

Original BBQ Sauce

**The Ginger People****The Ginger People (Cont'd)**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce