

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sandy Springs Store, South 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

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

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 Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic 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

Enjoy Life Foods

Soft Baked Gingerbread Spice Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Apple Breakfast Bars

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Cherrybrook Kitchen (Cont'd)

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods**Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods**Ian's Natural Foods**

Chicken Nuggets, Allergen Free

So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Nutritional Supplements**Rainbow Light**

Vitamin D 1,000 Iu Gummies 50

Nutristart Multivitamin Powder 30

Men'S One Multivitamin 90

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Active Senior Multivitamin 90

Men'S One Multivitamin 30

Prenatal One Multivitamin 90

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Nail, Hair & Skin Connection 60

Active Health Teen Multivitamin 90

Food Based Calcium

Food Based Calcium

Kid'S One Multistars 30

Kid'S One Multistars 90

Vitamin D 1,000 Iu Gummies 100

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 30

Men'S One Multivitamin 150

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips**Organicville**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Cherrybrook Kitchen (Cont'd)

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Egg Replacer

Tapioca Flour

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

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 Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars**Enjoy Life**

Gluten Free Sun Bar

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

Apple Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Coconut Almond Minis

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Sugar Cookie Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

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Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

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Active Health Teen Multivitamin 90

Men'S One Multivitamin 30

Nutristart Multivitamin Powder 30

Vitamin D 1,000 Iu Gummies 50

Women'S One Multivitamin 150

Nail, Hair & Skin Connection 60

Active Senior Multivitamin 90

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 150

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Prenatal One Multivitamin 90

Women'S One Multivitamin 90

Food Based Calcium

Women'S One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

The Ginger People

The Ginger People (Cont'd)

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie Mix

Ener-G Foods

Egg Replacer

Tapioca Flour

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

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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

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Glutino

Apple Breakfast Bars

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

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So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie Mix

Frozen Foods**So Delicious**

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce