

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sugar Land Store, Southwest 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

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Condiments

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger 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 Caramel Apple Snack Bar

Gluten Free Very Berry Snack Bar

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Rainbow Light

Everyday Calcium With Enzymes 240

Prenatal Petite Multivitamin 90

Women'S One Multivitamin 30

Counter Attack 30

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Nutristart Multivitamin Powder 30

Complete B-Complex 90

Organic Womens Multi Vitamin

Active Senior Multivitamin 30

Food Based Calcium

Prenatal One Multivitamin 30

Kid'S One Multistars 90

Vitamin D 400 Iu Gummies 60

Magnesium Calcium "+" 180

Men'S One Multivitamin 30

Kid'S One Multistars 30

Rainbow Light (Cont'd)

Active Health Teen Multivitamin 90
Just Once Multivitamin 120
Calcium Citrate Mini Tabs 120
Food Based Calcium
Magnesium Calcium "+" 90
Just Once Multivitamin 60
Complete Iron System 60
Men'S One Multivitamin 150
Gummy Omegalicious 30
Prenatal One Multivitamin 90
Women'S One Multivitamin 90
Active Senior Multivitamin 90
Chewable Calcium Citrate Multi-Mins 45

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

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

Condiments

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, French

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 Very Berry Snack Bar
Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free

So Delicious

Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe
Max Potency Multivitamin

Rainbow Light

Men'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 90
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 30
Chewable Calcium Citrate Multi-Mins 45
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 30
Prenatal One Multivitamin 90
Complete Iron System 60
Active Senior Multivitamin 90
Women'S One Multivitamin 150
Everyday Calcium With Enzymes 240
Gummy Omegalicious 30
Organic Womens Multi Vitamin
Active Senior Multivitamin 30
Counter Attack 30
Food Based Calcium
Just Once Multivitamin 120
Prenatal Petite Multivitamin 90
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Magnesium Calcium "+" 180
Food Based Calcium
Just Once Multivitamin 60
Kid'S One Multistars 30
Magnesium Calcium "+" 90
Kid'S One Multistars 90
Complete B-Complex 90
Nutristart Multivitamin Powder 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organicville (Cont'd)

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Condiments**The Ginger People**

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Cookies and Snack Bars**Enjoy Life**

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Gluten Free Cocoa Loco Snack Bar

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Soft Baked Double Chocolate Brownie Cookies

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Sauces/Salsas/Dips**The Ginger People**

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