

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Southglenn Store, Rocky Mountain 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

Pancake and Baking Wheat Free/Gluten Free Mix

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

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 Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Coconut Milk Cookie Dough

So Delicious (Cont'd)

Organic Creamy Vanilla

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Prenatal One Multivitamin 30

Men'S One Multivitamin 30

Prenatal One Multivitamin 90

Food Based Calcium

Pain - Eze 30

Vitamin D 1,000 Iu Gummies 50

Magnesium Calcium "+" 180

Prenatal One Multivitamin 150

Women'S One Multivitamin 30

Kid'S One Multistars 90

Men'S One Multivitamin 150

Active Senior Multivitamin 90

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Counter Attack 30

Food Based Calcium

Vitamin D 1,000 Iu Gummies 100

Counter Attack 90

Women'S One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Enjoy Life Foods

Mini Chips

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Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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 Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

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

Organic Chocolate Velvet

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

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Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Rainbow Light (Cont'd)

Food Based Calcium
Men'S One Multivitamin 150
Active Senior Multivitamin 90
Counter Attack 30
Magnesium Calcium "+" 180
Counter Attack 90
Food Based Calcium
Pain - Eze 30
Prenatal One Multivitamin 150
Kid'S One Multistars 90
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 30
Men'S One Multivitamin 30
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 30
Prenatal One Multivitamin 90
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Prenatal Petite Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar
Gluten Free Sun Bar

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Soft Baked Gingerbread Spice Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
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Coconut Milk Mint Chip

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

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Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce