

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



South Loop 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.

Baked Goods

Ener-G Foods

Light Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Ener-G Foods

Egg Replacer

Xanthum Gum

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Light Brown Rice 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 Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

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 Chocolate Chip Cookies

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

Organic Creamy Vanilla

Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

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Coconut Milk Cookie Dough

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Food Based Calcium

Kid'S One Multistars 90

Everyday Calcium With Enzymes 120

Food Based Calcium

Women'S One Multivitamin 90

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Active Senior Multivitamin 90

Prenatal One Multivitamin 150

Gummy Power Sours 30

Prenatal One Multivitamin 30

Calcium Citrate Mini Tabs 120

Kid'S One Multistars 30

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 150

Counter Attack 30

Just Once Multivitamin 30

Super C 1000 60

Women'S One Multivitamin 30

Prenatal One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Vitamin D 1,000 Iu Gummies 100

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Just Once Multivitamin 120

Men'S One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

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Light Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

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Xanthum Gum

Egg Replacer

Enjoy Life Foods

Mini Chips

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Kid'S One Multistars 30

Men'S One Multivitamin 90

Men'S One Multivitamin 150

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Light Brown Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Light Brown Rice Loaf

Candy and Chocolate

Enjoy Life

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