

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Somerset 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

- Egg Replacer
- Sweet Rice Flour
- Xanthum Gum

### Candy and Chocolate

#### Enjoy Life

- Boom Choco Boom Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

### Condiments

#### Organicville

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

### Cookies and Snack Bars

#### Enjoy Life

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

#### Enjoy Life Foods

- 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

### Frozen Foods

#### Ian's Natural Foods

- Chicken Nuggets, Allergen Free
- Fish Sticks, Allergen Free

### Purely Decadent

- Coconut Milk Mint Chip

### So Delicious

- Coconut Milk Cookie Dough

### Nutritional Supplements

#### Nature's Way Alive!

- Max Potency Multivitamin

#### Rainbow Light

- Men'S One Multivitamin 90
- Nutristart Multivitamin Powder 30
- Magnesium Calcium "+" 90
- Kid'S One Multistars 90
- Just Once Multivitamin 30
- Kid'S One Multistars 30
- Active Senior Multivitamin 90

### Vibrant Health

- Joint Vibrance Powder

### Baking Needs

#### Ener-G Foods

- Sweet Rice Flour
- Egg Replacer
- Xanthum Gum

### Candy and Chocolate

#### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

### Condiments

#### Organicville

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

## **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

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **Purely Decadent**

- Coconut Milk Mint Chip

## **Frozen Foods**

### **Ian's Natural Foods**

- Chicken Nuggets, Allergen Free
- Fish Sticks, Allergen Free

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

- Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Nature's Way Alive!**

- Max Potency Multivitamin

### **Rainbow Light**

- Magnesium Calcium "+" 90
- Active Senior Multivitamin 90
- Kid'S One Multistars 30
- Men'S One Multivitamin 90
- Just Once Multivitamin 30
- Kid'S One Multistars 90
- Nutristart Multivitamin Powder 30

### **Vibrant Health**

- Joint Vibrance Powder

## **Baking Needs**

### **Ener-G Foods**

- Egg Replacer

## **Candy and Chocolate**

### **Enjoy Life**

- Boom Choco Boom Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Cookies and Snack Bars**

### **Enjoy Life**

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

### **Enjoy Life Foods**

- Soft Baked Double Chocolate Brownie Cookies

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

### **Ener-G Foods (Cont'd)**

- Egg Replacer

### **Purely Decadent**

- Coconut Milk Mint Chip

## **Frozen Foods**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

- Coconut Milk Cookie Dough