

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



St Francis 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

Ener-G Foods

Egg Replacer

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Glutino

Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Alive Cap

Rainbow Light

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 90

Prenatal One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Rainbow Light (Cont'd)

Magnesium Calcium "+" 180

Men'S One Multivitamin 90

Kid'S One Multistars 90

Men'S One Multivitamin 150

Everyday Calcium With Enzymes 240

Food Based Calcium

Gummy Omegalicious 30

Pain - Eze 30

Vitamin D 400 Iu Gummies 60

Counter Attack 30

Men'S One Multivitamin 30

Food Based Calcium

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

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Max Potency Multivitamin

Rainbow Light

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Food Based Calcium

Counter Attack 30

Men'S One Multivitamin 150

Men'S One Multivitamin 90

Everyday Calcium With Enzymes 240

Magnesium Calcium "+" 180

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 90

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 90

Food Based Calcium

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Vitamin D 400 Iu Gummies 60

Pain - Eze 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Arrowhead Mills

Gluten Free Fudge Brownie Mix

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce