

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sugarhouse 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

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Condiments

Organicville

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Organic Creamy Vanilla

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Alive Cap

Rainbow Light

Prenatal One Multivitamin 150

Rainbow Light (Cont'd)

Everyday Calcium With Enzymes 240
Food Based Calcium
Counter Attack 30
Vitamin D 1,000 Iu Gummies 50
Men'S One Multivitamin 90
Kid'S One Multistars 90
Prenatal One Multivitamin 90
Food Based Calcium
Vitamin D 1,000 Iu Gummies 100
Prenatal Petite Multivitamin 90
Prenatal One Multivitamin 30
Women'S One Multivitamin 30
Active Senior Multivitamin 90
Counter Attack 90
Women'S One Multivitamin 90
Men'S One Multivitamin 150
Men'S One Multivitamin 30

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, French
Organic Dressing, Non Dairy Ranch
Organic Dressing, Herbs de Provence Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Milk Cookie Dough
Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Alive Cap
Max Potency Multivitamin

Rainbow Light

Food Based Calcium
Everyday Calcium With Enzymes 240
Active Senior Multivitamin 90
Prenatal One Multivitamin 30
Food Based Calcium
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Women'S One Multivitamin 90
Men'S One Multivitamin 150
Counter Attack 30
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 30
Men'S One Multivitamin 90

Rainbow Light (Cont'd)

Counter Attack 90
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 150

Sauces/Salsas/Dips**Organicville**

Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal**Arrowhead Mills**

Organic Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

Condiments**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars**Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

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

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

So Delicious (Cont'd)

Coconut Milk Cookie Dough
Organic Creamy Vanilla
Peanut Butter Zigzag

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

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce