

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Town and Country 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

Brown Rice Loaf

Baking Needs

Ener-G Foods

Sweet Rice Flour

Egg Replacer

Brown Rice Loaf Yeast Free

White Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Brown Rice Loaf Yeast Free

Brown Rice Loaf

White Rice Loaf Yeast Free

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

Organicville (Cont'd)

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

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 Gingerbread Spice Cookies

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

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Nuggets, Allergen Free

Fish Sticks, Allergen Free

So Delicious

So Delicious (Cont'd)

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Alive w/o Fe added Cap
Max Potency Multivitamin

Rainbow Light

Kid'S One Multistars 90
Just Once Multivitamin 120
Prenatal Petite Multivitamin 90
Calcium Citrate Mini Tabs 120
Food Based Calcium
Women'S One Multivitamin 150
Food Based Calcium
Complete B-Complex 90
Everyday Calcium With Enzymes 120
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 150
Active Health Teen Multivitamin 30
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Gummy Omegalicious 30
Men'S One Multivitamin 90
Prenatal One Multivitamin 30
Men'S One Multivitamin 30
Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 90
Active Senior Multivitamin 90

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

Ener-G Foods

Brown Rice Loaf

Baking Needs

Ener-G Foods

Brown Rice Loaf Yeast Free
Sweet Rice Flour
Egg Replacer
White Rice Loaf Yeast Free

Enjoy Life Foods

Enjoy Life Foods (Cont'd)

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

White Rice Loaf Yeast Free
Brown Rice Loaf
Brown Rice Loaf Yeast Free

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

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 Gingerbread Spice Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Ian's Natural Foods (Cont'd)

Chicken Nuggets, Allergen Free
Popcorn Turkey Corn Dogs
Fish Sticks, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Alive w/o Fe added Cap
Max Potency Multivitamin

Rainbow Light

Food Based Calcium
Complete B-Complex 90
Active Senior Multivitamin 90
Food Based Calcium
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 90
Men'S One Multivitamin 30
Women'S One Multivitamin 90
Women'S One Multivitamin 30
Calcium Citrate Mini Tabs 120
Vitamin D 1,000 Iu Gummies 100
Nutristart Multivitamin Powder 30
Active Health Teen Multivitamin 30
Women'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 150
Prenatal One Multivitamin 90
Just Once Multivitamin 120
Kid'S One Multistars 90
Prenatal One Multivitamin 30
Gummy Omegalicious 30
Everyday Calcium With Enzymes 120
Prenatal One Multivitamin 150

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

Ener-G Foods

Brown Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

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 Gingerbread Spice Cookies
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

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Frozen Foods

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Coconut Milk Cookie Dough

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce