

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tanasbourne Store, Pacific Northwest 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

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Candy and Chocolate

Enjoy Life

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

Pretzel Sticks

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Tangy BBQ Sauce

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 Snickerdoodle Cookies Classic Sprinkled

Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Women'S One Multivitamin 150

Kid'S One Multistars 30

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 150

Food Based Calcium

Kid'S One Multistars 90

Active Senior Multivitamin 90

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Rainbow Light (Cont'd)

Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Active Health Teen Multivitamin 90
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 30
Men'S One Multivitamin 150
Complete B-Complex 90
Calcium Citrate Mini Tabs 120

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Enjoy Life Foods

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Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

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Egg Replacer

So Delicious

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Chocolate Covered Vanilla Coconut Minis

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Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

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Men'S One Multivitamin 30
Active Health Teen Multivitamin 90
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Prenatal Petite Multivitamin 180
Calcium Citrate Mini Tabs 120
Complete B-Complex 90
Kid'S One Multistars 90
Kid'S One Multistars 30
Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Gummy Omegalicious 30
Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 90
Prenatal One Multivitamin 30
Prenatal Petite Multivitamin 90
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Men'S One Multivitamin 150

Vibrant Health

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