

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tallahassee Store, Florida 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

Candy and Chocolate

Enjoy Life

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

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

The Ginger People

The Ginger People (Cont'd)

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Gingerbread Spice Cookies

Soft Baked Chocolate Chip Cookies

Glutino

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla

Organic Chocolate Velvet

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Almond Minis

Peanut Butter Zigzag

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin

Alive w/o Fe added Cap

Max Potency Multivitamin w/o Fe

Rainbow Light

Kid'S One Multistars 30

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Men'S One Multivitamin 90

Black Cohosh Menopause Relief 1650 60

Vitamin D 400 Iu Gummies 60

Everyday Calcium With Enzymes 120

Just Once Multivitamin 120

Women'S One Multivitamin 150

Just Once Multivitamin 30

Counter Attack 30

Active Senior Multivitamin 90

Women'S One Multivitamin 90

Just Once Multivitamin 60

Kid'S One Multistars 90

Counter Attack 90

Gummy Power Sours 30

Complete Iron System 60

Nutristart Multivitamin Powder 30

Active Health Teen Multivitamin 90

Pain - Eze 30

Super C 1000 60

Magnesium Calcium "+" 90

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Men'S One Multivitamin 150

Active Senior Multivitamin 30

Prenatal One Multivitamin 90

Prenatal One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Prenatal Petite Multivitamin 90

Food Based Calcium

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Egg Replacer

Enjoy Life Foods

Mini Chips

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Organicville

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Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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Soft Baked Chocolate Chip Cookies

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Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

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Counter Attack 90

Just Once Multivitamin 30

Women'S One Multivitamin 30

Just Once Multivitamin 120

Kid'S One Multistars 90

Men'S One Multivitamin 30

Counter Attack 30

Super C 1000 60

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Prenatal One Multivitamin 90

Kid'S One Multistars 30

Men'S One Multivitamin 150

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

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Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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Blueberry Breakfast Bars

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Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

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Coconut Milk Mint Chip

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Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

Desserts**So Delicious**

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