

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Tamarac 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

#### Enjoy Life Foods

Mini Chips

### Cereal

#### Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### Condiments

#### Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

#### 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 Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Purely Decadent

Coconut Milk Mint Chip

#### Purely Decadent (Cont'd)

Purely Decadent Cookie Dough

#### So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

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

#### Ian's Natural Foods

Popcorn Turkey Corn Dogs

Fish Sticks, Allergen Free

Chicken Nuggets, Allergen Free

#### Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

#### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Peanut Butter Zigzag

Organic Chocolate Velvet

## **Nutritional Supplements**

### **Nature's Way Alive!**

Max Potency Multivitamin

### **Rainbow Light**

Food Based Calcium  
Prenatal One Multivitamin 30  
Prenatal One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 90  
Women'S One Multivitamin 30  
Magnesium Calcium "+" 180  
Food Based Calcium  
Prenatal One Multivitamin 150  
Counter Attack 90  
Kid'S One Multistars 90  
Vitamin D 1,000 Iu Gummies 100  
Men'S One Multivitamin 90  
Men'S One Multivitamin 30  
Counter Attack 30  
Prenatal Petite Multivitamin 90

### **Vibrant Health**

Joint Vibrance Powder

## **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

### **Enjoy Life Foods**

Mini Chips

## **Cereal**

### **Arrowhead Mills**

Organic Yellow Corn Grits  
Organic Rice & Shine Hot Cereal

## **Condiments**

### **Organicville**

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

### **Enjoy Life Foods (Cont'd)**

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**

### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### **So Delicious**

Coconut Almond Minis  
Organic Creamy Vanilla  
Chocolate Covered Vanilla Coconut Minis  
Organic Chocolate Velvet

## **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**

### **Ian's Natural Foods**

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

### **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Nature's Way Alive!**

Max Potency Multivitamin

### **Rainbow Light**

Vitamin D 1,000 Iu Gummies 100  
Counter Attack 30  
Prenatal Petite Multivitamin 90  
Prenatal One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 50  
Men'S One Multivitamin 90  
Prenatal One Multivitamin 90

## **Rainbow Light (Cont'd)**

- Magnesium Calcium "+" 180
- Food Based Calcium
- Women'S One Multivitamin 30
- Kid'S One Multistars 90
- Food Based Calcium
- Men'S One Multivitamin 30
- Women'S One Multivitamin 90
- Counter Attack 90
- Prenatal One Multivitamin 30

## **Vibrant Health**

- Joint Vibrance Powder

## **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

### **Enjoy Life Foods**

- Mini Chips

## **Cereal**

### **Arrowhead Mills**

- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits

## **Condiments**

### **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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Sauces/Salsas/Dips**

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce