

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tampa 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.

Baked Goods

Ener-G Foods

- White Rice Loaf
- Tapioca Loaf
- Light Brown Rice Loaf
- Brown Rice Loaf

Baking Needs

Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Tapioca Loaf
- White Rice Loaf
- Brown Rice Loaf
- Light Brown Rice Loaf
- Brown Rice Loaf Yeast Free

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits
- Organic Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Very Berry Snack Bar
- 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

Glutino

- Blueberry Breakfast Bars

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

Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin
Max Potency Multivitamin
Vitamin C
Alive Cap
Alive w/o Fe added Cap
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin

Rainbow Light

Magnesium Calcium "+" 90
Men'S One Multivitamin 150
Counter Attack 30
Prenatal One Multivitamin 90
Active Health Teen Multivitamin 90
Counter Attack 90
Kid'S One Multistars 90
Men'S One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Prenatal Petite Multivitamin 90
Just Once Multivitamin 60
Active Senior Multivitamin 90
Just Once Multivitamin 30
Prenatal One Multivitamin 30
Super C 1000 60
Women'S One Multivitamin 30

Rainbow Light (Cont'd)

Everyday Calcium With Enzymes 240
Nutristart Multivitamin Powder 30
Complete Iron System 60
Prenatal One Multivitamin 150
Magnesium Calcium "+" 180
Men'S One Multivitamin 30
Active Senior Multivitamin 30
Just Once Multivitamin 120
Women'S One Multivitamin 90
Kid'S One Multistars 30
Women'S One Multivitamin 150

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Light Brown Rice Loaf
Brown Rice Loaf
Tapioca Loaf
White Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer
Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

White Rice Loaf
Light Brown Rice Loaf
Brown Rice Loaf
Brown Rice Loaf Yeast Free
Tapioca Loaf

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

Arrowhead Mills (Cont'd)

- Organic Rice & Shine Hot Cereal
- Organic Maple Buckwheat Flakes
- Organic Yellow Corn Grits

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup
- Organic Tangy BBQ Sauce
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, French
- Organic Dressing, Miso Ginger 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 Very Berry Snack Bar
- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Sun 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

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

Desserts

So Delicious

- Peanut Butter Zigzag

Ethnic Foods

Organicville

- Organic Sesame Teriyaki
- Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

- Chicken Nuggets, Allergen Free

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Vitamin C
- Alive Cap
- Alive w/o Fe added Cap
- Max Potency Multivitamin
- Max Potency Multivitamin
- Max Potency Multivitamin w/o Fe
- Max Potency Multivitamin

Rainbow Light

- Vitamin D 400 Iu Gummies 60
- Super C 1000 60
- Just Once Multivitamin 30
- Men'S One Multivitamin 30
- Everyday Calcium With Enzymes 240
- Just Once Multivitamin 60
- Active Senior Multivitamin 90
- Prenatal Petite Multivitamin 90
- Just Once Multivitamin 120
- Women'S One Multivitamin 150
- Active Health Teen Multivitamin 90
- Complete Iron System 60
- Men'S One Multivitamin 150
- Nutristart Multivitamin Powder 30
- Active Senior Multivitamin 30
- Counter Attack 30
- Kid'S One Multistars 90
- Men'S One Multivitamin 90
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 150
- Counter Attack 90
- Women'S One Multivitamin 90
- Magnesium Calcium "+" 90
- Magnesium Calcium "+" 180
- Kid'S One Multistars 30
- Women'S One Multivitamin 30
- Prenatal One Multivitamin 90

Vibrant Health

- Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki
Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Light Brown Rice Loaf
White Rice Loaf
Tapioca Loaf
Brown Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Light Brown Rice Loaf
Brown Rice Loaf
Tapioca Loaf
White Rice Loaf

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes
Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

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 Very Berry 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

Glutino

Blueberry Breakfast Bars

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

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Sauces/Salsas/Dips

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Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce