

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Veterans Store, Southwest 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

## Cereal

### Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

## Condiments

### Organicville

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

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 Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### So Delicious

### So Delicious (Cont'd)

Coconut Milk Cookie Dough

## Dairy Alternatives

### Ener-G Foods

Egg Replacer

### So Delicious

Chocolate Covered Vanilla Coconut Minis

## 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 Fingers, Allergen Free

Chicken Nuggets, Allergen Free

### So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

## Nutritional Supplements

### Nature's Way Alive!

Vitamin C

Max Potency Multivitamin w/o Fe

### Rainbow Light

Chewable Calcium Citrate Multi-Mins 45

Food Based Calcium

Active Senior Multivitamin 30

Active Senior Multivitamin 90

Gummy Power Sours 30

Gummy Omegalicious 30

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

Prenatal One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Calcium Citrate Mini Tabs 120  
Magnesium Calcium "+" 180  
Kid'S One Multistars 30  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 150  
Prenatal Multi Vitamin  
Magnesium Calcium "+" 90  
Vitamin D 1,000 Iu Gummies 50  
Men'S One Multivitamin 30  
Complete Iron System 60  
Women'S One Multivitamin 90  
Prenatal Petite Multivitamin 90  
Kid'S One Multistars 90  
Everyday Calcium With Enzymes 240  
Nutristart Multivitamin Powder 30  
Pms Relief 30  
Multi-Vitamin Mens  
Food Based Calcium  
Women'S One Multivitamin 30  
Men'S One Multivitamin 150  
Counter Attack 30  
Men'S One Multivitamin 90  
Prenatal One Multivitamin 30

## **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

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Cereal**

### **Arrowhead Mills**

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

## **Condiments**

### **Organicville**

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Ketchup  
Organic Dressing, Herbs de Provence Vinaigrette

## **Organicville (Cont'd)**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
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 Gingerbread Spice 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

## **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  
Chicken Fingers, Allergen Free

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

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

Vitamin C  
Max Potency Multivitamin w/o Fe

### **Rainbow Light**

Everyday Calcium With Enzymes 240  
Women'S One Multivitamin 150  
Food Based Calcium  
Magnesium Calcium "+" 180  
Prenatal Petite Multivitamin 90  
Counter Attack 30  
Complete Iron System 60  
Prenatal One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Kid'S One Multistars 30  
Nutristart Multivitamin Powder 30  
Active Senior Multivitamin 90

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

Prenatal Multi Vitamin  
Calcium Citrate Mini Tabs 120  
Food Based Calcium  
Men'S One Multivitamin 150  
Men'S One Multivitamin 30  
Kid'S One Multistars 90  
Women'S One Multivitamin 90  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 30  
Vitamin D 1,000 Iu Gummies 50  
Prenatal One Multivitamin 30  
Magnesium Calcium "+" 90  
Chewable Calcium Citrate Multi-Mins 45  
Gummy Power Sours 30  
Pms Relief 30  
Men'S One Multivitamin 90  
Multi-Vitamin Mens  
Active Senior Multivitamin 30  
Gummy Omegalicious 30

## **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

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Cereal**

### **Arrowhead Mills**

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

## **Condiments**

### **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 Gingerbread Spice Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Chocolate Chip Cookies

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

## **Ener-G Foods (Cont'd)**

Egg Replacer

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **So Delicious**

Coconut Milk Cookie Dough  
Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

### **Rainbow Light**

Multi-Vitamin Mens  
Prenatal Multi Vitamin

## **Sauces/Salsas/Dips**

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce