

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Bloomfield Store, Midwest 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

- Tapioca Loaf
- White Rice Loaf
- Brown Rice Loaf

### Baking Needs

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- Egg Replacer
- Xanthum Gum

#### Enjoy Life Foods

- Mini Chips

### Bread

#### Ener-G Foods

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

### 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

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French

### Organicville (Cont'd)

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Non Dairy Ranch

### 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

#### Ener-G Foods

- Egg Replacer

#### So Delicious

- Coconut Almond Minis

### Frozen Foods

#### Ian's Natural Foods

- Chicken Nuggets, Allergen Free

#### So Delicious

- Coconut Almond Minis
- Coconut Milk Cookie Dough

### Nutritional Supplements

#### Nature's Way Alive!

- Alive w/o Fe added Cap

#### Rainbow Light

- Men'S One Multivitamin 150
- Active Senior Multivitamin 90

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

Men'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Kid'S One Multistars 90  
Super C 1000 60  
Prenatal One Multivitamin 30  
Active Health Teen Multivitamin 90  
Prenatal Petite Multivitamin 180  
Calcium Citrate Mini Tabs 120  
Vitamin D 1,000 Iu Gummies 100  
Everyday Calcium With Enzymes 120  
Prenatal One Multivitamin 150  
Men'S One Multivitamin 90  
Women'S One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Just Once Multivitamin 120  
Nutrstart Multivitamin Powder 30  
Kid'S One Multistars 30  
Food Based Calcium  
Food Based Calcium  
Women'S One Multivitamin 30  
Magnesium Calcium "+" 90

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

Tapioca Loaf  
White Rice Loaf  
Brown Rice Loaf

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer  
Xanthum Gum  
Brown Rice Loaf Yeast Free

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

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

## **Candy and Chocolate**

### **Enjoy Life**

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

Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, French  
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 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 Chocolate Chip Cookies

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

### **So Delicious**

Coconut Milk Cookie Dough  
Coconut Almond Minis

## **Nutritional Supplements**

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

Alive w/o Fe added Cap

### **Rainbow Light**

Women'S One Multivitamin 150  
Food Based Calcium  
Prenatal One Multivitamin 90  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 30  
Men'S One Multivitamin 150  
Kid'S One Multistars 30  
Men'S One Multivitamin 30  
Vitamin D 400 Iu Gummies 60  
Vitamin D 1,000 Iu Gummies 100  
Calcium Citrate Mini Tabs 120

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

Everyday Calcium With Enzymes 120  
Magnesium Calcium "+" 90  
Kid'S One Multistars 90  
Active Senior Multivitamin 90  
Active Health Teen Multivitamin 90  
Just Once Multivitamin 120  
Nutristart Multivitamin Powder 30  
Prenatal Petite Multivitamin 180  
Women'S One Multivitamin 30  
Men'S One Multivitamin 90  
Super C 1000 60  
Food Based Calcium

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baked Goods**

### **Ener-G Foods**

White Rice Loaf  
Tapioca Loaf  
Brown Rice Loaf

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Tapioca Loaf  
Brown Rice Loaf  
White Rice Loaf

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **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 Sun Bar

### **Enjoy Life Foods**

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

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis

## **Frozen Foods**

### **So Delicious**

Coconut Milk Cookie Dough  
Coconut Almond Minis

## **Nuts/Seeds/Dried Fruits**

### **Enjoy Life**

Not Nuts! Seed And Fruit Mix Beach Bash

## **Sauces/Salsas/Dips**

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