

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Woodruff Store, South 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

Tapioca Flour

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

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 Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Apple Breakfast Bars

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

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 150

Active Health Teen Multivitamin 90

Women'S One Multivitamin 150

Food Based Calcium

Nutristart Multivitamin Powder 30

Kid'S One Multistars 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Active Senior Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Prenatal One Multivitamin 30

Prenatal One Multivitamin 90

Women'S One Multivitamin 90

Counter Attack 30

Women'S One Multivitamin 30

Vibrant Health

Dumontiaceae Red Algae

Nuts/Seeds/Dried Fruits

Enjoy Life

Not Nuts! Seed And Fruit Mix Beach Bash

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

The Ginger People

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Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

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Gluten Free Sun Bar

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Apple Breakfast Bars

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Kid'S One Multistars 90

Women'S One Multivitamin 90

Active Senior Multivitamin 90

Nutristart Multivitamin Powder 30

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Active Health Teen Multivitamin 90

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Prenatal One Multivitamin 150

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Arrowhead Mills (Cont'd)

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