

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Des Moines 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.

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice 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, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

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 Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin

Rainbow Light

Prenatal One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Vitamin D 1,000 Iu Gummies 100

Prenatal Petite Multivitamin 90

Just Once Multivitamin 30

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Kid'S One Multistars 30

Men'S One Multivitamin 150

Rainbow Light (Cont'd)

Women'S One Multivitamin 90
Women'S One Multivitamin 30
Food Based Calcium
Food Based Calcium
Prenatal One Multivitamin 30
Gummy Omegalicious 30
Gummy Bear Essentials 30
Active Senior Multivitamin 90
Kid'S One Multistars 90
Just Once Multivitamin 120
Women'S One Multivitamin 150
Active Health Teen Multivitamin 90
Men'S One Multivitamin 30

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

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Soft Baked Double Chocolate Brownie Cookies

Enjoy Life Foods (Cont'd)

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

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Egg Replacer

So Delicious

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Chocolate Covered Vanilla Coconut Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

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

So Delicious

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Prenatal One Multivitamin 90
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Women'S One Multivitamin 90
Men'S One Multivitamin 30
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Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
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Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Kid'S One Multistars 30
Food Based Calcium
Active Health Teen Multivitamin 90
Men'S One Multivitamin 90
Women'S One Multivitamin 150
Gummy Bear Essentials 30
Prenatal Petite Multivitamin 90

Sauces/Salsas/Dips

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Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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