

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wilcrest 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 Buckwheat Flour
- Gluten Free Organic White Rice Flour
- Gluten Free Long Grain Brown Rice Flour
- Gluten Free Yellow Corn Meal

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes

Condiments

Organicville

- Organic Ketchup
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Gingerbread Spice Cookies

Hair Care Products

365 Everyday Value®

- 365 Fragrance Free Conditioner
- 365 Fragrance Free Conditioner

Hand & Body Washes

365 Everyday Value®

- 365 Fragrance Free Conditioner

Nutritional Supplements

Nature's Way Alive!

- Alive Cap
- Alive w/o Fe added Cap

Rainbow Light

- Counter Attack 30
- Chewable Calcium Citrate Multi-Mins 45
- Prenatal One Multivitamin 30
- Complete Prenatal System 180
- Active Senior Multivitamin 90
- Gummy Omegalicious 30

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