

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Westlake Store, Pacific Northwest 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

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

So Delicious (Cont'd)

Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free
Chicken Nuggets, Allergen Free

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough
Organic Creamy Vanilla

Nutritional Supplements

Rainbow Light

Prenatal Petite Multivitamin 180
Prenatal One Multivitamin 90
Women'S One Multivitamin 150
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Prenatal Petite Multivitamin 90
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 150
Men'S One Multivitamin 30
Food Based Calcium
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Active Senior Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 30

Rainbow Light (Cont'd)

Kid'S One Multistars 90
Food Based Calcium

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs**Enjoy Life Foods**

Mini Chips

Candy and Chocolate**Enjoy Life**

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

Cereal**Arrowhead Mills**

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks**Glutino**

Pretzel Twists

Condiments**OrganicVille**

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Non Dairy Ranch
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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars**Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**So Delicious**

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Ethnic Foods**Organicville**

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods**Ian's Natural Foods**

Chicken Nuggets, Allergen Free

Ian's Natural Foods (Cont'd)

Fish Sticks, Allergen Free

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Organic Creamy Vanilla
Coconut Milk Cookie Dough

Nutritional Supplements**Rainbow Light**

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Prenatal Petite Multivitamin 180
Vitamin D 1,000 Iu Gummies 50
Men'S One Multivitamin 30
Women'S One Multivitamin 150
Prenatal One Multivitamin 90
Active Senior Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 150
Prenatal One Multivitamin 150
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 90
Kid'S One Multistars 90
Food Based Calcium
Vitamin D 400 Iu Gummies 60
Food Based Calcium
Prenatal One Multivitamin 30

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

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Organic Island Teriyaki
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs**Enjoy Life Foods**

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Candy and Chocolate**Enjoy Life**

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

Cereal**Arrowhead Mills**

Organic Maple Buckwheat Flakes

Condiments**OrganicVille**

Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars**Enjoy Life Foods**

Enjoy Life Foods (Cont'd)

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So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**So Delicious**

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Chocolate Covered Vanilla Coconut Minis

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