

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Westminster Store, Rocky Mountain 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

- Brown Rice Loaf
- White Rice Loaf

### Baking Needs

#### Ener-G Foods

- Sweet Rice Flour

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- White Rice Loaf
- Brown Rice Loaf

### Candy and Chocolate

#### Enjoy Life

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

### Cereal

#### Arrowhead Mills

- Organic Rice & Shine Hot Cereal
- Sweetened Organic Rice Flakes

#### Two Moms in the Raw

- Gluten-Free Raisin Granola

### Chips/Pretzels/Snacks

#### Two Moms in the Raw

- Gluten-Free Raisin Granola

### Condiments

#### The Ginger People

- Organic Ginger Juice

### Cookies and Snack Bars

### Enjoy Life

- Caramel Apple Chewy Bar
- Sunbutter Crunch Snack Bars
- Cocoa Loco Chewy Bar

### Glutino

- Apple Breakfast Bars

### Two Moms in the Raw

- Gluten-Free Raisin Granola

### Dairy Alternatives

#### So Delicious

- Coconut Almond Minis

### Ethnic Foods

#### Organicville

- Organic Sesame Teriyaki

### Frozen Foods

#### So Delicious

- Coconut Almond Minis

#### Van's

- Wheat Free Flax Waffles

### Hair Care Products

#### 365 Every Day Value™

- 365 Herbal Mint Conditioner
- 365 Fragrance Free Shampoo for Oily and Normal
- 365 Lavender Blend Conditioner
- 365 Lavender Blend Shampoo for Normal and Dry
- 365 Fragrance Free Conditioner
- 365 Lavender Blend Conditioner
- 365 Fragrance Free Shampoo for Normal and Dry
- 365 Herbal Mint Shampoo for Oily and Normal
- 365 Herbal Mint Shampoo for Normal and Dry
- 365 Fragrance Free Conditioner
- 365 Lavender Blend Shampoo for Oily and Normal
- 365 Herbal Mint Shampoo for Normal and Dry

## Hand & Body Washes

### 365 Every Day Value™

- 365 Fragrance Free Conditioner
- 365 Fragrance Free Shower Gel
- 365 Fragrance Free Shower Gel
- 365 Lavender Blend Shower Gel
- 365 Lavender Blend Shower Gel

## Nutritional Supplements

### Nature's Way Alive!

- Alive Cap
- Max Potency Multivitamin
- Max Potency Multivitamin w/o Fe

### Rainbow Light

- Vitamin D 1,000 Iu Gummies 50
- Vitamin D 400 Iu Gummies 60
- Gummy Omegalicious 30
- Active Health Teen Multivitamin 90
- Protein Energizer Chocolate
- Active Senior Multivitamin 90
- Complete Prenatal System 180
- Everyday Calcium With Enzymes 120
- Pain - Eze 30
- Food Based Calcium
- Everyday Calcium With Enzymes 240
- Mintasure 75
- Protein Energizer Vanilla
- Men'S One Multivitamin 30

## Sauces/Salsas/Dips

### Organicville

- Organic Mild Salsa
- Organic Sesame Teriyaki

## Baked Goods

### Ener-G Foods

- White Rice Loaf
- Brown Rice Loaf

## Baking Needs

### Ener-G Foods

- Sweet Rice Flour

### Hain

- Baking Powder

## Bread

### Ener-G Foods

- White Rice Loaf
- Brown Rice Loaf

## Candy and Chocolate

### Enjoy Life

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

## Cereal

### Arrowhead Mills

- Sweetened Organic Rice Flakes
- Organic Rice & Shine Hot Cereal

### Two Moms in the Raw

- Gluten-Free Raisin Granola

## Chips/Pretzels/Snacks

### Two Moms in the Raw

- Gluten-Free Raisin Granola

## Condiments

### The Ginger People

- Organic Ginger Juice

## Cookies and Snack Bars

### Enjoy Life

- Sunbutter Crunch Snack Bars
- Caramel Apple Chewy Bar
- Cocoa Loco Chewy Bar

### Glutino

- Apple Breakfast Bars

### Two Moms in the Raw

- Gluten-Free Raisin Granola

## Dairy Alternatives

### So Delicious

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## Ethnic Foods

### Organicville

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## Frozen Foods

### So Delicious

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- Wheat Free Flax Waffles

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- 365 Lavender Blend Shampoo for Normal and Dry
- 365 Fragrance Free Shampoo for Normal and Dry

## Hand & Body Washes

### 365 Every Day Value™

- 365 Fragrance Free Shower Gel
- 365 Lavender Blend Shower Gel
- 365 Fragrance Free Shower Gel
- 365 Lavender Blend Shower Gel

### **365 Every Day Value™ (Cont'd)**

365 Fragrance Free Conditioner

### **Nutritional Supplements**

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

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Alive Cap

#### **Rainbow Light**

Everyday Calcium With Enzymes 240

Active Senior Multivitamin 90

Complete Prenatal System 180

Pain - Eze 30

Protein Energizer Chocolate

Vitamin D 400 Iu Gummies 60

Food Based Calcium

Active Health Teen Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Gummy Omegalicious 30

Everyday Calcium With Enzymes 120

Mintasure 75

Protein Energizer Vanilla

Men'S One Multivitamin 30

### **Sauces/Salsas/Dips**

#### **Organicville**

Organic Sesame Teriyaki

Organic Mild Salsa

### **Baked Goods**

#### **Ener-G Foods**

Brown Rice Loaf

White Rice Loaf

### **Bread**

#### **Ener-G Foods**

Brown Rice Loaf

White Rice Loaf

### **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 Rice & Shine Hot Cereal

#### **Two Moms in the Raw**

Gluten-Free Raisin Granola

### **Chips/Pretzels/Snacks**

#### **Two Moms in the Raw**

Gluten-Free Raisin Granola

### **Cookies and Snack Bars**

#### **Enjoy Life**

Cocoa Loco Chewy Bar

Sunbutter Crunch Snack Bars

### **Enjoy Life (Cont'd)**

Caramel Apple Chewy Bar

#### **Glutino**

Apple Breakfast Bars

#### **Two Moms in the Raw**

Gluten-Free Raisin Granola

### **Dairy Alternatives**

#### **So Delicious**

Coconut Almond Minis

### **Frozen Foods**

#### **So Delicious**

Coconut Almond Minis

#### **Van's**

Wheat Free Flax Waffles

### **Nutritional Supplements**

#### **Rainbow Light**

Food Based Calcium

### **Hair Care Products**

#### **365 Every Day Value™**

365 Herbal Mint Conditioner

365 Lavender Blend Shampoo for Normal and Dry

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