

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Oakville 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

Xanthan Gum

#### Enjoy Life

Semi-Sweet Chocolate Chips

### Bread

#### Ener-G

High Fiber Loaf

White Rice Loaf Yeast Free

#### Glutino

Premium Corn Bread

Premium Fiber Bread

Premium Flax Seed Bread

### Cereal

#### Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

#### Enjoy Life

Cinnamon Crunch Granola

Very Berry Crunch Granola

### Chips/Pretzels/Snacks

#### Mary's Gone Crackers

Sticks & Twigs, Curry

Sticks & Twigs, Sea Salt

Sticks & Twigs, Tomato Chipotle

### Condiments

#### Organicville

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

## Condiments (Cont'd)

### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sesame Goddess
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Original BBQ Sauce
- Organic Tangy BBQ Sauce

## Cookies and Snack Bars

### Enjoy Life

- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookies
- Very Berry Snack Bars

## Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- Crackers, Original

## Frozen Foods

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Homestyle Waffles

## Hair Care Products

### 365 Every Day Value™

- Conditioner Fragrance Free
- Conditioner Herbal Mint
- Conditioner Lavender Blend

## Hair Care Products (Cont'd)

### 365 Every Day Value™

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

## Hand & Body Lotions

### 365 Every Day Value™

- Body Lotion Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

- Conditioner Fragrance Free
- Shower Gel Fragrance Free
- Shower Gel Herbal Mint
- Shower Gel Lavender Blend

## Nutritional Supplements

### Nature's Way Thisilyn

- Thisilyn® Daily Cleanse / 90 Vcaps®

## Nuts/Seeds/Dried Fruits

### Enjoy Life

- Not Nuts! Beach Bash Trail Mix
- Not Nuts! Mountain Mambo Trail Mix

## Sauces/Salsas/Dips

### Organicville

- Organic Tangy BBQ Sauce