

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cambie 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

Semi-Sweet Chocolate Chips

Orgnan

Egg Replacer

Bread

Glutino

Premium Cinnamon & Raisin Bread

Premium Corn Bread

Premium Fiber Bread

Premium Flax Seed Bread

Cereal

Enjoy Life

Cinnamon Crunch Granola

Cranapple Crunch Granola

Chips/Pretzels/Snacks

Mary's Gone Crackers

Sticks & Twigs, Curry

Sticks & Twigs, Sea Salt

Sticks & Twigs, Tomato Chipotle

Condiments

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sesame Goddess

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Condiments (Cont'd)

Organicville

- Organic Ketchup
- Organic Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

- Caramel Apple Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked No-Oats "Oatmeal" Cookie
- Soft Baked Snickerdoodle Cookies
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

Crackers

Mary's Gone Crackers

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- 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
- Shampoo for Dry and Normal Herbal Mint

Hair Care Products (Cont'd)

365 Every Day Value™

- 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 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® Herbal Cleansing Kit / 1 kit

Nuts/Seeds/Dried Fruits

Enjoy Life

- Not Nuts! Beach Bash Trail Mix

Sauces/Salsas/Dips

Organicville

- Organic Sesame Teriyaki