

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sacramento Store, Northern California 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 Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Tangy BBQ Sauce

The Ginger People

The Ginger People (Cont'd)

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Caramel Apple Snack Bar

Gluten Free Very Berry Snack Bar

Gluten Free Sun Bar

Gluten Free Cocoa Loco Snack Bar

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Food Based Calcium
Magnesium Calcium "+" 90
Everyday Calcium With Enzymes 120
Food Based Calcium
Kid'S One Multistars 90
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Pain - Eze 30
Performance Energy Multivitamin 90
Women'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Magnesium Calcium "+" 180
Men'S One Multivitamin 30
Gummy Power Sours 30
Everyday Calcium With Enzymes 240
Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Counter Attack 90
Calcium Citrate Mini Tabs 120
Women'S One Multivitamin 90
Active Senior Multivitamin 90
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 90
Complete Iron System 60
Men'S One Multivitamin 150
Nail, Hair & Skin Connection 60
Prenatal One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50
Vitamin D 1,000 Iu Gummies 100
Black Cohosh Menopause Relief 1650 60

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

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

Organic Rice & Shine Hot Cereal
Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks
Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Caramel Apple Snack Bar
Gluten Free Sun Bar
Gluten Free Very Berry Snack Bar
Gluten Free Cocoa Loco Snack Bar

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free
Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

So Delicious (Cont'd)

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Magnesium Calcium "+" 90

Pain - Eze 30

Men'S One Multivitamin 150

Food Based Calcium

Everyday Calcium With Enzymes 240

Prenatal Petite Multivitamin 90

Active Senior Multivitamin 90

Active Health Teen Multivitamin 90

Complete Iron System 60

Prenatal One Multivitamin 150

Calcium Citrate Mini Tabs 120

Men'S One Multivitamin 30

Performance Energy Multivitamin 90

Everyday Calcium With Enzymes 120

Kid'S One Multistars 90

Black Cohosh Menopause Relief 1650 60

Counter Attack 90

Vitamin D 1,000 Iu Gummies 50

Magnesium Calcium "+" 180

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Women'S One Multivitamin 90

Prenatal One Multivitamin 90

Nail, Hair & Skin Connection 60

Vitamin D 400 Iu Gummies 60

Food Based Calcium

Gummy Power Sours 30

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

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