

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Blithedale 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

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

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

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Gluten Free Cocoa Loco Snack Bar

Dairy Alternatives

So Delicious

So Delicious (Cont'd)

Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Prenatal One Multivitamin 30

Active Senior Multivitamin 90

Food Based Calcium

Women'S One Multivitamin 30

Calcium Citrate Mini Tabs 120

Just Once Multivitamin 120

Active Health Teen Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Gummy Power Sours 30

Men'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Complete Iron System 60

Gummy Omegalicious 30

Food Based Calcium

Prenatal One Multivitamin 90

Women'S Nutritional System 180

Men'S One Multivitamin 150

Rainbow Light (Cont'd)

Women'S One Multivitamin 90
Magnesium Calcium "+" 180
Prenatal One Multivitamin 150
Kid'S One Multistars 90
Chewable Calcium Citrate Multi-Mins 45

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

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 Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

Gluten Free Sun Bar
Gluten Free Cocoa Loco Snack Bar

Dairy Alternatives

So Delicious

Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free
Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Chewable Calcium Citrate Multi-Mins 45
Prenatal One Multivitamin 90
Food Based Calcium
Men'S One Multivitamin 30
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50
Gummy Power Sours 30
Kid'S One Multistars 90
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Complete Iron System 60
Just Once Multivitamin 120
Vitamin D 400 Iu Gummies 60
Active Senior Multivitamin 90
Magnesium Calcium "+" 180
Women'S Nutritional System 180
Gummy Omegalicious 30
Food Based Calcium
Active Health Teen Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

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

Cereal

Arrowhead Mills

Arrowhead Mills (Cont'd)

Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars**Enjoy Life**

Gluten Free Sun Bar

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Dairy Alternatives**So Delicious**

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Frozen Foods**So Delicious**

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Sauces/Salsas/Dips**OrganicVille**

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