

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Blossom Hill 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.

Baked Goods

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

- Pancake and Baking Wheat Free/Gluten Free Mix
- Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

- Pretzel Twists
- Pretzel Sticks

Condiments

Organicville

- Organic Dressing, Non Dairy Ranch

Organicville (Cont'd)

- Organic Ketchup
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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

Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

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
- Pancake and Baking Wheat Free/Gluten Free Mix

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

Nature's Way Alive!

Vitamin C

Rainbow Light

Vitamin D 400 Iu Gummies 60
Kid'S One Multistars 90
Vitamin D 1,000 Iu Gummies 100
Calcium Citrate Mini Tabs 120
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Gummy Power Sours 30
Nail, Hair & Skin Connection 60
Complete Iron System 60
Super C 1000 60
Prenatal One Multivitamin 150
Everyday Calcium With Enzymes 120
Organic Womens Multi Vitamin
Pain - Eze 30
Active Senior Multivitamin 90
Prenatal One Multivitamin 90
Men'S One Multivitamin 90
Food Based Calcium
Magnesium Calcium "+" 90
Men'S One Multivitamin 30
Men'S One Multivitamin 150
Magnesium Calcium "+" 180
Chewable Calcium Citrate Multi-Mins 45
Everyday Calcium With Enzymes 240
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Performance Energy Multivitamin 90
Women'S One Multivitamin 150
Prenatal Petite Multivitamin 90
Gummy Omegalicious 30
Counter Attack 90
Food Based Calcium
Vitamin D 1,000 Iu Gummies 50

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix
Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf
Tapioca Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks
Pretzel Twists

Condiments

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Ketchup
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Non Dairy Ranch

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

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Chocolate Chip Cookies

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

Cherrybrook Kitchen (Cont'd)

Pancake and Baking Wheat Free/Gluten Free Mix

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

Nature's Way Alive!

Vitamin C

Rainbow Light

Prenatal One Multivitamin 150

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Everyday Calcium With Enzymes 120

Magnesium Calcium "+" 180

Everyday Calcium With Enzymes 240

Gummy Power Sours 30

Prenatal One Multivitamin 90

Organic Womens Multi Vitamin

Men'S One Multivitamin 30

Men'S One Multivitamin 150

Magnesium Calcium "+" 90

Nail, Hair & Skin Connection 60

Vitamin D 1,000 Iu Gummies 50

Women'S One Multivitamin 150

Performance Energy Multivitamin 90

Food Based Calcium

Prenatal One Multivitamin 30

Prenatal Petite Multivitamin 90

Gummy Omegalicious 30

Active Health Teen Multivitamin 90

Complete Iron System 60

Pain - Eze 30

Super C 1000 60

Vitamin D 400 Iu Gummies 60

Chewable Calcium Citrate Multi-Mins 45

Men'S One Multivitamin 90

Kid'S One Multistars 90

Active Senior Multivitamin 90

Food Based Calcium

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

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Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

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Rainbow Light

Organic Womens Multi Vitamin

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce