

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Castro 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

#### Ener-G Foods

Egg Replacer

#### Enjoy Life Foods

Mini Chips

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Twists

Pretzel Sticks

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

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 Cocoa Loco Snack Bar

### Dairy Alternatives

#### Ener-G Foods

Egg Replacer

#### So Delicious

Coconut Almond Minis

### Entrees and Mixes

#### Cherrybrook Kitchen

#### Cherrybrook Kitchen (Cont'd)

Pancake and Baking Wheat Free/Gluten Free Mix

### Ethnic Foods

#### Organicville

Organic Sesame Teriyaki

### Frozen Foods

#### Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Nuggets, Allergen Free

#### So Delicious

Coconut Almond Minis

### Nutritional Supplements

#### Rainbow Light

Women'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Active Senior Multivitamin 90

Prenatal One Multivitamin 90

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Rejuvenage 40+ Multi 120

Pain - Eze 30

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 150

Food Based Calcium

Food Based Calcium

Magnesium Calcium "+" 180

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Kid'S One Multistars 90

Active Health Teen Multivitamin 90

## **Rainbow Light (Cont'd)**

Prenatal One Multivitamin 30

Men'S One Multivitamin 150

Performance Energy Multivitamin 90

## **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

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Sticks

Pretzel Twists

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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 Cocoa Loco Snack Bar

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **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**

Men'S One Multivitamin 30

Counter Attack 90

Kid'S One Multistars 90

Women'S One Multivitamin 30

Prenatal One Multivitamin 150

Prenatal Petite Multivitamin 90

Women'S One Multivitamin 150

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Vitamin D 1,000 Iu Gummies 100

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## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce