

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Campbell 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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

Condiments

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 Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Magnesium Calcium "+" 180

Kid'S One Multistars 90

Vitamin D 400 Iu Gummies 60

Everyday Calcium With Enzymes 240

Active Health Teen Multivitamin 90

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Nail, Hair & Skin Connection 60

Prenatal One Multivitamin 150

Complete Iron System 60

Prenatal Petite Multivitamin 90

Chewable Calcium Citrate Multi-Mins 45

Mintasure 75

Counter Attack 30

Men'S One Multivitamin 30

Active Senior Multivitamin 30

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Performance Energy Multivitamin 90

Women'S Nutritional System 180

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 50
Pain - Eze 30
Magnesium Calcium "+" 90
Organic Womens Multi Vitamin
Women'S One Multivitamin 150
Prenatal One Multivitamin 90
Counter Attack 90
Food Based Calcium
Calcium Citrate Mini Tabs 120
Prenatal Multi Vitamin
Active Senior Multivitamin 90
Food Based Calcium
Just Once Multivitamin 120
Gummy Power Sours 30
Everyday Calcium With Enzymes 120
Super C 1000 60
Women'S One Multivitamin 90

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks
Pretzel Twists

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Organic Dressing, Olive Oil & Balsamic Vinaigrette

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Organic Sesame Teriyaki

Frozen Foods

So Delicious

Coconut Almond Minis

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Rainbow Light

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Active Health Teen Multivitamin 90
Pain - Eze 30
Prenatal Petite Multivitamin 90
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Gummy Power Sours 30
Food Based Calcium
Everyday Calcium With Enzymes 240
Just Once Multivitamin 120
Active Senior Multivitamin 30
Super C 1000 60
Nail, Hair & Skin Connection 60
Chewable Calcium Citrate Multi-Mins 45
Mintasure 75
Gummy Omegalicious 30
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 90
Men'S One Multivitamin 30
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Counter Attack 90
Magnesium Calcium "+" 90
Men'S One Multivitamin 90
Counter Attack 30
Women'S One Multivitamin 90
Women'S One Multivitamin 150
Active Senior Multivitamin 90
Kid'S One Multistars 90
Vitamin D 400 Iu Gummies 60
Food Based Calcium
Magnesium Calcium "+" 180
Everyday Calcium With Enzymes 120
Performance Energy Multivitamin 90
Complete Iron System 60
Prenatal Multi Vitamin

Rainbow Light (Cont'd)

Women'S Nutritional System 180

Women'S One Multivitamin 30

Calcium Citrate Mini Tabs 120

Sauces/Salsas/Dips**Organicville**

Organic Sesame Teriyaki

Organic Island 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

Cereal**Arrowhead Mills**

Organic Maple Buckwheat Flakes

Condiments**The Ginger People**

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Cookies and Snack Bars**Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Dairy Alternatives**Ener-G Foods**

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So Delicious

Coconut Almond Minis

Frozen Foods**So Delicious**

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Nutritional Supplements**Rainbow Light**

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Sauces/Salsas/Dips**The Ginger People**

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