

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Coddington 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

Cherrybrook Kitchen

- Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Tapioca Loaf
- Brown Rice 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

- Original BBQ Sauce

Organicville

- 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 Cocoa Loco Snack Bar
- Gluten Free Sun Bar

So Delicious

- Coconut Milk Cookie Dough

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

- Popcorn Turkey Corn Dogs

So Delicious

- Coconut Almond Minis
- Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

- Prenatal One Multivitamin 30
- Vitamin D 1,000 Iu Gummies 100
- Food Based Calcium
- Gummy Omegalicious 30
- Counter Attack 90

Rainbow Light (Cont'd)

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

Vibrant Health

Joint Vibrance Powder
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

Baked Goods

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf
Brown Rice 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

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 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

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

So Delicious

Coconut Milk Cookie Dough
Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Food Based Calcium
Women'S One Multivitamin 150
Women'S One Multivitamin 30

Rainbow Light (Cont'd)

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

Vibrant Health

Joint Vibrance Powder
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

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Ener-G Foods

Brown Rice Loaf
Tapioca Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf
Brown Rice 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

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
Gluten Free Cocoa Loco Snack Bar

So Delicious

Coconut Milk Cookie Dough

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Frozen Foods

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Nutritional Supplements

Rainbow Light

Multi-Vitamin Mens
Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce