

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Davis 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
- Gluten Free/Wheat Free Yellow Cake Mix

#### Ener-G Foods

- Egg Replacer

#### 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 Twists
- Pretzel Sticks

### 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 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
- Gluten Free/Wheat Free Yellow Cake Mix

### Ethnic Foods

#### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### Frozen Foods

#### So Delicious

- Coconut Almond Minis

### Nutritional Supplements

#### Nature's Way Alive!

- Max Potency Multivitamin

#### Rainbow Light

- Counter Attack 30
- Vitamin D 1,000 Iu Gummies 100
- Multi-Vitamin Mens
- Calcium Citrate Mini Tabs 120
- Vitamin D 400 Iu Gummies 60
- Prenatal Multi Vitamin
- Men'S One Multivitamin 150
- Women'S One Multivitamin 90
- Women'S One Multivitamin 30
- Complete Prenatal System 180
- Prenatal One Multivitamin 150
- Prenatal One Multivitamin 30
- Vitamin D 1,000 Iu Gummies 50

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

Men'S One Multivitamin 30  
Food Based Calcium  
Super C 1000 60  
Women'S One Multivitamin 150  
Kid'S One Multistars 90  
Prenatal One Multivitamin 90  
Food Based Calcium  
Men'S One Multivitamin 90

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Cherrybrook Kitchen**

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

### **Ener-G Foods**

Egg Replacer

### **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 Twists  
Pretzel Sticks

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Ketchup  
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 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  
Gluten Free/Wheat FreeYellow Cake Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis

## **Nutritional Supplements**

### **Nature's Way Alive!**

Max Potency Multivitamin

### **Rainbow Light**

Women'S One Multivitamin 150  
Prenatal Multi Vitamin  
Prenatal One Multivitamin 30  
Men'S One Multivitamin 30  
Men'S One Multivitamin 90  
Food Based Calcium  
Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 150  
Super C 1000 60  
Kid'S One Multistars 90  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 90  
Men'S One Multivitamin 150  
Food Based Calcium  
Complete Prenatal System 180  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 30  
Counter Attack 30  
Calcium Citrate Mini Tabs 120  
Prenatal One Multivitamin 90  
Multi-Vitamin Mens

## **Sauces/Salsas/Dips**

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Original BBQ Sauce

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

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal

## **Condiments**

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Original BBQ Sauce

### **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**

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Egg Replacer

### **So Delicious**

Coconut Almond Minis

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis

## **Nutritional Supplements**

### **Rainbow Light**

Multi-Vitamin Mens  
Prenatal Multi Vitamin

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