

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Folsom 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

#### Enjoy Life Foods

Mini Chips

### 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

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 Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Sesame Tamari Vinaigrette

Organic Ketchup

#### 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 Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

### Desserts

#### So Delicious

Peanut Butter Zigzag

### 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

#### Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### So Delicious

Coconut Almond Minis

Peanut Butter Zigzag

### **So Delicious (Cont'd)**

Coconut Milk Cookie Dough  
Organic Creamy Vanilla

### **Nutritional Supplements**

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

Vitamin C

#### **Rainbow Light**

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

### **Sauces/Salsas/Dips**

#### **OrganicVille**

Original BBQ Sauce

#### **Organicville**

Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce

#### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

### **Baking Needs**

#### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

#### **Enjoy Life Foods**

Mini Chips

### **Candy and Chocolate**

#### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

### **Enjoy Life (Cont'd)**

Boom Choco Boom Dark Chocolate Bar

### **Cereal**

#### **Arrowhead Mills**

Organic Maple Buckwheat Flakes  
Organic Rice & Shine Hot Cereal

### **Chips/Pretzels/Snacks**

#### **Glutino**

Pretzel Twists  
Pretzel Sticks

### **Condiments**

#### **OrganicVille**

Original BBQ Sauce

#### **Organicville**

Organic Tangy BBQ Sauce  
Organic Dressing, Sesame Tamari Vinaigrette  
Organic Ketchup  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
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

#### **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**

#### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

#### **So Delicious**

Organic Creamy Vanilla  
Coconut Almond Minis

### **Desserts**

#### **So Delicious**

Peanut Butter Zigzag

### **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

## **Purely Decadent**

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

## **So Delicious**

- Coconut Almond Minis
- Peanut Butter Zigzag
- Coconut Milk Cookie Dough
- Organic Creamy Vanilla

## **Nutritional Supplements**

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

- Vitamin C

### **Rainbow Light**

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

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Enjoy Life Foods**

- Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

- Organic Rice & Shine Hot Cereal
- 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 Cocoa Loco Snack Bar
- Gluten Free Sun Bar

### **Enjoy Life Foods**

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

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

- Organic Creamy Vanilla
- Coconut Almond Minis

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Frozen Foods**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

- Coconut Almond Minis
- Coconut Milk Cookie Dough
- Peanut Butter Zigzag
- Organic Creamy Vanilla

## **Nutritional Supplements**

### **Rainbow Light**

- Multi-Vitamin Mens

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

### **The Ginger People**

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce