

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fremont Mowry 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

- Brown Rice Loaf Yeast Free
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf Yeast Free
- Brown Rice Loaf
- Tapioca Loaf

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
- Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

- Pretzel Sticks
- Pretzel Twists

Condiments

OrganicVille

OrganicVille (Cont'd)

- 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

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

- Chicken Nuggets, Allergen Free
- Popcorn Turkey Corn Dogs

So Delicious

- Coconut Milk Cookie Dough
- Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Rainbow Light (Cont'd)

Pain - Eze 30
Women'S One Multivitamin 30
Men'S One Multivitamin 90
Everyday Calcium With Enzymes 120
Vitamin D 400 Iu Gummies 60
Calcium Citrate Mini Tabs 120
Performance Energy Multivitamin 90
Prenatal One Multivitamin 90
Women'S One Multivitamin 90
Gummy Omegalicious 30
Complete Iron System 60
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 150
Gummy Power Sours 30
Food Based Calcium
Food Based Calcium
Vitamin D 1,000 Iu Gummies 100
Active Health Teen Multivitamin 90
Kid'S One Multistars 90
Magnesium Calcium "+" 180
Counter Attack 90
Men'S One Multivitamin 30
Organic Womens Multi Vitamin
Women'S One Multivitamin 150
Prenatal One Multivitamin 30
Active Senior Multivitamin 90
Men'S One Multivitamin 150

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
Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf
Brown Rice Loaf Yeast Free

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 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 Ketchup

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis
Coconut Milk Cookie Dough

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Food Based Calcium
Prenatal One Multivitamin 30
Women'S One Multivitamin 150
Active Senior Multivitamin 90

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Food Based Calcium
Kid'S One Multistars 90
Men'S One Multivitamin 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Active Health Teen Multivitamin 90
Everyday Calcium With Enzymes 120
Gummy Omegalicious 30
Magnesium Calcium "+" 180
Gummy Power Sours 30
Organic Womens Multi Vitamin
Calcium Citrate Mini Tabs 120
Counter Attack 90
Vitamin D 1,000 Iu Gummies 50
Complete Iron System 60
Pain - Eze 30
Men'S One Multivitamin 90
Performance Energy Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60

Sauces/Salsas/Dips

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Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Tapioca Loaf

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Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

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Brown Rice Loaf
Tapioca Loaf

Candy and Chocolate

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes
Organic Rice & Shine Hot Cereal

Condiments

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Original BBQ Sauce

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