

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fresno 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

Arrowhead Mills

Gluten Free Fudge Brownie Mix

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 Sticks

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Enjoy Life

Gluten Free Sun Bar

Gluten Free Cocoa Loco Snack Bar

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Nuggets, Allergen Free

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 90

Everyday Calcium With Enzymes 120

Complete Iron System 60

Prenatal One Multivitamin 30

Women'S One Multivitamin 150

Men'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Magnesium Calcium "+" 180

Chewable Calcium Citrate Multi-Mins 45

Everyday Calcium With Enzymes 240

Rejuvenage 40+ Multi 120

Women'S One Multivitamin 90

Rainbow Light (Cont'd)

Counter Attack 90
Prenatal One Multivitamin 90
Just Once Multivitamin 120
Gummy Power Sours 30
Women'S Nutritional System 180
Prenatal One Multivitamin 150
Black Cohosh Menopause Relief 1650 60
Performance Energy Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Food Based Calcium
Women'S One Multivitamin 30
Nail, Hair & Skin Connection 60
Calcium Citrate Mini Tabs 120
Food Based Calcium
Kid'S One Multistars 90
Active Health Teen Multivitamin 90
Prenatal Petite Multivitamin 90
Organic Womens Multi Vitamin
Men'S One Multivitamin 150

Vibrant Health

Joint Vibrance Powder
Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki
Organic Tangy BBQ Sauce

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Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Enjoy Life

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Organic Island Teriyaki

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Prenatal Petite Multivitamin 90
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Vitamin D 1,000 Iu Gummies 100
Everyday Calcium With Enzymes 240
Magnesium Calcium "+" 180
Organic Womens Multi Vitamin
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 150
Prenatal One Multivitamin 150
Everyday Calcium With Enzymes 120
Counter Attack 90
Gummy Power Sours 30
Prenatal One Multivitamin 30
Calcium Citrate Mini Tabs 120
Rejuvenage 40+ Multi 120
Complete Iron System 60
Women'S One Multivitamin 150
Women'S Nutritional System 180

Rainbow Light (Cont'd)

Food Based Calcium
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Kid'S One Multistars 90
Men'S One Multivitamin 30
Black Cohosh Menopause Relief 1650 60
Just Once Multivitamin 120
Active Health Teen Multivitamin 90
Women'S One Multivitamin 30
Prenatal One Multivitamin 90
Women'S One Multivitamin 90

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Sauces/Salsas/Dips**OrganicVille**

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Cereal**Arrowhead Mills**

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Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Coconut Almond Minis

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**So Delicious****So Delicious (Cont'd)**

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