

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Lafayette 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 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

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

Dairy Alternatives

So Delicious

Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

Cherrybrook Kitchen (Cont'd)

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 Almond Minis

Nutritional Supplements

Rainbow Light

Gummy Power Sours 30

Prenatal One Multivitamin 30

Prenatal One Multivitamin 90

Active Health Teen Multivitamin 90

Pain - Eze 30

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Magnesium Calcium "+" 180

Men'S One Multivitamin 30

Food Based Calcium

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Everyday Calcium With Enzymes 120

Just Once Multivitamin 120

Organic Womens Multi Vitamin

Food Based Calcium

Women'S One Multivitamin 90

Gummy Omegalicious 30

Counter Attack 90

Performance Energy Multivitamin 90

Rainbow Light (Cont'd)

Calcium Citrate Mini Tabs 120
Women'S One Multivitamin 30
Active Senior Multivitamin 90
Kid'S One Multistars 90
Men'S One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Vitamin D 1,000 Iu Gummies 100

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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Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

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Original BBQ Sauce

Organicville

Organic Ketchup

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Calcium Citrate Mini Tabs 120
Counter Attack 90
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Prenatal One Multivitamin 30
Women'S One Multivitamin 150
Just Once Multivitamin 120
Prenatal One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 30
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Arrowhead Mills (Cont'd)

Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

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Organic Womens Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

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