

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Los Altos 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

Gluten Free/Wheat Free Yellow Cake Mix

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 Dairy-Free Rice Milk Chocolate Bar

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 Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

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 Sun Bar

Gluten Free Cocoa Loco Snack Bar

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

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

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Purely Decadent

Purely Decadent (Cont'd)

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Kid'S One Multistars 90
Performance Energy Multivitamin 90
Food Based Calcium
Active Senior Multivitamin 30
Just Once Multivitamin 30
Prenatal One Multivitamin 90
Women'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Prenatal Petite Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Nail, Hair & Skin Connection 60
Pain - Eze 30
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Chewable Calcium Citrate Multi-Mins 45
Prenatal Multi Vitamin
Food Based Calcium
Magnesium Calcium "+" 180
Super C 1000 60
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Just Once Multivitamin 120
Organic Womens Multi Vitamin
Counter Attack 30
Gummy Power Sours 30
Counter Attack 90
Men'S One Multivitamin 150
Gummy Omegalicious 30
Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Magnesium Calcium "+" 90
Active Senior Multivitamin 90
Black Cohosh Menopause Relief 1650 60
Everyday Calcium With Enzymes 240
Men'S One Multivitamin 90
Complete Iron System 60
Calcium Citrate Mini Tabs 120
Prenatal One Multivitamin 30

Vibrant Health

Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix
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
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks
Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Tangy 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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent (Cont'd)

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Men'S One Multivitamin 150
Calcium Citrate Mini Tabs 120
Prenatal One Multivitamin 30
Prenatal One Multivitamin 90
Nail, Hair & Skin Connection 60
Active Senior Multivitamin 30
Prenatal Petite Multivitamin 90
Prenatal Multi Vitamin
Counter Attack 30
Food Based Calcium
Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Organic Womens Multi Vitamin
Food Based Calcium
Kid'S One Multistars 90
Gummy Power Sours 30

Rainbow Light (Cont'd)

Vitamin D 400 Iu Gummies 60
Chewable Calcium Citrate Multi-Mins 45
Pain - Eze 30
Magnesium Calcium "+" 90
Just Once Multivitamin 30
Black Cohosh Menopause Relief 1650 60
Everyday Calcium With Enzymes 240
Just Once Multivitamin 120
Gummy Omegalicious 30
Vitamin D 1,000 Iu Gummies 50
Super C 1000 60
Performance Energy Multivitamin 90
Women'S One Multivitamin 150
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Men'S One Multivitamin 90
Counter Attack 90
Magnesium Calcium "+" 180
Active Senior Multivitamin 90
Complete Iron System 60

Vibrant Health

Joint Vibrance Powder
Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki
Organic Tangy BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

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

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis
- Organic Creamy Vanilla

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Rainbow Light

- Organic Womens Multi Vitamin
- Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce