

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Mill Valley 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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

OrganicVille

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

Dairy Alternatives

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

So Delicious

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Prenatal One Multivitamin 30

Men'S One Multivitamin 90

Active Senior Multivitamin 90

Super C 1000 60

Everyday Calcium With Enzymes 120

Vitamin D 400 Iu Gummies 60

Complete Iron System 60

Food Based Calcium

Rejuvenage 40+ Multi 120

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Pain - Eze 30

Food Based Calcium

Everyday Calcium With Enzymes 240

Performance Energy Multivitamin 90

Prenatal One Multivitamin 150

Chewable Calcium Citrate Multi-Mins 45

Kid'S One Multistars 90

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Vitamin D 1,000 Iu Gummies 50

Gummy Omegalicious 30

Men'S One Multivitamin 150

Gummy Power Sours 30

Active Health Teen Multivitamin 90

Calcium Citrate Mini Tabs 120

Rainbow Light (Cont'd)

Magnesium Calcium "+" 90
Magnesium Calcium "+" 180
Men'S One Multivitamin 30
Prenatal One Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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Magnesium Calcium "+" 90
Women'S One Multivitamin 90
Active Health Teen Multivitamin 90
Vitamin D 400 Iu Gummies 60
Calcium Citrate Mini Tabs 120
Food Based Calcium
Prenatal One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50
Gummy Omegalicious 30
Counter Attack 90
Chewable Calcium Citrate Multi-Mins 45
Men'S One Multivitamin 90
Active Senior Multivitamin 90
Everyday Calcium With Enzymes 240
Magnesium Calcium "+" 180
Men'S One Multivitamin 150
Prenatal One Multivitamin 90
Rejuvenage 40+ Multi 120
Prenatal One Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Gummy Power Sours 30
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