

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Monterey 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

- Tapioca Loaf
- Brown Rice Loaf
- White Rice Loaf

Baking Needs

Cherrybrook Kitchen

- Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- White Rice Loaf
- Tapioca Loaf
- Brown Rice Loaf

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

- Organic Ketchup
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

The Ginger People

The Ginger People (Cont'd)

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Very Berry Snack Bar
- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Sun 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

- Popcorn Turkey Corn Dogs

So Delicious

- Coconut Almond Minis
- Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

- Vitamin C

Rainbow Light

- Everyday Calcium With Enzymes 120
- Just Once Multivitamin 120

Rainbow Light (Cont'd)

Complete Iron System 60
Chewable Calcium Citrate Multi-Mins 45
Women'S Nutritional System 180
Men'S One Multivitamin 30
Prenatal One Multivitamin 30
Food Based Calcium
Magnesium Calcium "+" 180
Women'S One Multivitamin 30
Men'S One Multivitamin 150
Gummy Power Sours 30
Nail, Hair & Skin Connection 60
Active Health Teen Multivitamin 90
Women'S One Multivitamin 150
Food Based Calcium
Super C 1000 60
Pain - Eze 30
Active Senior Multivitamin 30
Active Senior Multivitamin 90
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Performance Energy Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Organic Womens Multi Vitamin
Prenatal Petite Multivitamin 90
Calcium Citrate Mini Tabs 120
Magnesium Calcium "+" 90
Men'S One Multivitamin 90
Prenatal One Multivitamin 150
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Rejuvenage 40+ Multi 120
Gummy Omegalicious 30
Counter Attack 90
Everyday Calcium With Enzymes 240
Vitamin D 400 Iu Gummies 60

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
White Rice Loaf
Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf
White Rice Loaf
Brown Rice Loaf

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

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 Sun Bar
Gluten Free Cocoa Loco Snack Bar
Gluten Free Very Berry 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

Popcorn Turkey Corn Dogs

So Delicious

Coconut Milk Cookie Dough
Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Women'S One Multivitamin 150
Complete Iron System 60
Food Based Calcium
Organic Womens Multi Vitamin
Magnesium Calcium "+" 180
Pain - Eze 30
Active Senior Multivitamin 90
Prenatal Petite Multivitamin 90
Chewable Calcium Citrate Multi-Mins 45
Vitamin D 1,000 Iu Gummies 100
Super C 1000 60
Just Once Multivitamin 120
Gummy Omegalicious 30
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Magnesium Calcium "+" 90
Food Based Calcium
Women'S One Multivitamin 90
Counter Attack 90
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 150
Rejuvenage 40+ Multi 120
Men'S One Multivitamin 90
Women'S Nutritional System 180
Prenatal One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Everyday Calcium With Enzymes 240
Everyday Calcium With Enzymes 120
Performance Energy Multivitamin 90
Gummy Power Sours 30
Vitamin D 400 Iu Gummies 60
Active Senior Multivitamin 30
Active Health Teen Multivitamin 90
Nail, Hair & Skin Connection 60
Kid'S One Multistars 90
Men'S One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Tapioca Loaf
White Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf
White Rice Loaf
Tapioca Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Gluten Free Cocoa Loco Snack Bar
Gluten Free Sun Bar
Gluten Free Very Berry Snack Bar

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Rainbow Light

Organic Womens Multi Vitamin

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