

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Noe 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

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

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 Sun Bar

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

Frozen Foods

Ian's Natural Foods

Ian's Natural Foods (Cont'd)

Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Vitamin D 400 Iu Gummies 60

Vitamin D 1,000 Iu Gummies 50

Food Based Calcium

Women'S One Multivitamin 90

Active Senior Multivitamin 90

Gummy Power Sours 30

Gummy Omegalicious 30

Prenatal One Multivitamin 90

Men'S One Multivitamin 150

Counter Attack 30

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Pain - Eze 30

Women'S One Multivitamin 150

Kid'S One Multistars 90

Prenatal One Multivitamin 30

Multi-Vitamin Mens

Vitamin D 1,000 Iu Gummies 100

Women'S Nutritional System 180

Active Health Teen Multivitamin 90

Counter Attack 90

Magnesium Calcium "+" 180

Performance Energy Multivitamin 90

Food Based Calcium

Men'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Prenatal Petite Multivitamin 90

Rainbow Light (Cont'd)

Just Once Multivitamin 30
Prenatal One Multivitamin 150
Super C 1000 60
Complete Iron System 60

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

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
Gluten Free Sun Bar

Dairy Alternatives

So Delicious

Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Super C 1000 60
Performance Energy Multivitamin 90
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 30

Rainbow Light (Cont'd)

Prenatal One Multivitamin 150
Men'S One Multivitamin 150
Prenatal One Multivitamin 90
Counter Attack 30
Vitamin D 1,000 Iu Gummies 100
Magnesium Calcium "+" 180
Gummy Power Sours 30
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 30
Calcium Citrate Mini Tabs 120
Gummy Omegalicious 30
Complete Iron System 60
Food Based Calcium
Just Once Multivitamin 30
Kid'S One Multistars 90
Vitamin D 400 Iu Gummies 60
Women'S Nutritional System 180
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Counter Attack 90
Multi-Vitamin Mens
Active Senior Multivitamin 90
Men'S One Multivitamin 90
Food Based Calcium
Pain - Eze 30
Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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