

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Novato 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

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

Condiments

Organicville

Original BBQ Sauce

Organicville

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

Gluten Free Sun Bar

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Purely Decadent (Cont'd)

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Magnesium Calcium "+" 180

Gummy Power Sours 30

Vitamin D 1,000 Iu Gummies 50

Counter Attack 90

Nail, Hair & Skin Connection 60

Prenatal One Multivitamin 30

Kid'S One Multistars 90

Rainbow Light (Cont'd)

Men'S One Multivitamin 30
Men'S One Multivitamin 150
Women'S One Multivitamin 90
Magnesium Calcium "+" 90
Women'S Nutritional System 180
Performance Energy Multivitamin 90
Gummy Omegalicious 30
Men'S One Multivitamin 90
Organic Womens Multi Vitamin
Women'S One Multivitamin 30
Active Senior Multivitamin 30
Pain - Eze 30
Active Senior Multivitamin 90
Rejuvenage 40+ Multi 60
Women'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Complete Iron System 60
Black Cohosh Menopause Relief 1650 60
Just Once Multivitamin 30
Active Health Teen Multivitamin 90
Everyday Calcium With Enzymes 120
Vitamin D 1,000 Iu Gummies 100
Chewable Calcium Citrate Multi-Mins 45
Multi-Vitamin Mens
Food Based Calcium

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

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
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal
Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla
Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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Coconut Milk Cookie Dough
Peanut Butter Zigzag
Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Multi-Vitamin Mens
Magnesium Calcium "+" 180
Active Senior Multivitamin 30
Gummy Omegalicious 30
Nail, Hair & Skin Connection 60
Women'S Nutritional System 180
Counter Attack 90
Vitamin D 400 Iu Gummies 60
Complete Iron System 60
Women'S One Multivitamin 150
Men'S One Multivitamin 90
Active Health Teen Multivitamin 90

Rainbow Light (Cont'd)

Active Senior Multivitamin 90
Everyday Calcium With Enzymes 120
Magnesium Calcium "+" 90
Rejuvenage 40+ Multi 60
Men'S One Multivitamin 30
Chewable Calcium Citrate Multi-Mins 45
Food Based Calcium
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 30
Black Cohosh Menopause Relief 1650 60
Kid'S One Multistars 90
Performance Energy Multivitamin 90
Pain - Eze 30
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Organic Womens Multi Vitamin
Gummy Power Sours 30
Just Once Multivitamin 30

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

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Original BBQ Sauce

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Condiments

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