

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Napa 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

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

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice 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 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 Cocoa Loco Snack Bar

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

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

Chicken Nuggets, Allergen Free

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Prenatal One Multivitamin 90

Magnesium Calcium "+" 90

Pain - Eze 30

Women'S One Multivitamin 90

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 90

Active Health Teen Multivitamin 90

Complete Iron System 60

Food Based Calcium

Rainbow Light (Cont'd)

Counter Attack 90
Gummy Omegalicious 30
Women'S One Multivitamin 150
Nail, Hair & Skin Connection 60
Men'S One Multivitamin 90
Calcium Citrate Mini Tabs 120
Performance Energy Multivitamin 90
Women'S One Multivitamin 30
Magnesium Calcium "+" 180
Food Based Calcium
Vitamin D 400 Iu Gummies 60
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 30
Prenatal One Multivitamin 150
Gummy Power Sours 30
Chewable Calcium Citrate Multi-Mins 45
Prenatal One Multivitamin 30
Active Senior Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Cherrybrook Kitchen

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

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Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free
Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Men'S One Multivitamin 30
Nail, Hair & Skin Connection 60
Complete Iron System 60
Pain - Eze 30
Magnesium Calcium "+" 180
Vitamin D 400 Iu Gummies 60
Chewable Calcium Citrate Multi-Mins 45
Women'S One Multivitamin 90
Gummy Omegalicious 30
Active Senior Multivitamin 90
Active Health Teen Multivitamin 90
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Prenatal Petite Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Prenatal One Multivitamin 90
Performance Energy Multivitamin 90
Counter Attack 90
Calcium Citrate Mini Tabs 120
Gummy Power Sours 30
Men'S One Multivitamin 90

Rainbow Light (Cont'd)

Magnesium Calcium "+" 90
Prenatal One Multivitamin 30
Women'S One Multivitamin 150
Food Based Calcium
Food Based Calcium
Men'S One Multivitamin 150
Kid'S One Multistars 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal
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

Dairy Alternatives**Ener-G Foods**

Egg Replacer

So Delicious

Coconut Almond Minis

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**So Delicious**

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Sauces/Salsas/Dips**OrganicVille**

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