

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Ocean 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

#### Ener-G Foods

Egg Replacer

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Sticks

Pretzel Twists

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

### 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

#### Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

### Ethnic Foods

#### Organicville

### Organicville (Cont'd)

Organic Island Teriyaki

### Frozen Foods

#### Ian's Natural Foods

Popcorn Turkey Corn Dogs

#### So Delicious

Coconut Almond Minis

### Nutritional Supplements

#### Rainbow Light

Women'S Nutritional System 180

Women'S One Multivitamin 150

Counter Attack 30

Counter Attack 90

Prenatal One Multivitamin 30

Kid'S One Multistars 90

Vitamin D 1,000 Iu Gummies 100

Calcium Citrate Mini Tabs 120

Food Based Calcium

Men'S One Multivitamin 90

Women'S One Multivitamin 30

Active Senior Multivitamin 90

Prenatal One Multivitamin 90

Performance Energy Multivitamin 90

Everyday Calcium With Enzymes 120

Prenatal Petite Multivitamin 90

Men'S One Multivitamin 150

Prenatal One Multivitamin 150

Just Once Multivitamin 60

Women'S One Multivitamin 90

Prenatal Multi Vitamin

Food Based Calcium

Magnesium Calcium "+" 180

Men'S One Multivitamin 30

## **Rainbow Light (Cont'd)**

Vitamin D 1,000 Iu Gummies 50  
Vitamin D 400 Iu Gummies 60  
Everyday Calcium With Enzymes 240  
Organic Womens Multi Vitamin  
Pain - Eze 30

## **Vibrant Health**

Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki

## **Baking Needs**

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

### **Ener-G Foods**

Egg Replacer

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar  
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists  
Pretzel Sticks

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Ketchup  
Organic Dressing, Olive Oil & Balsamic Vinaigrette

## **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**

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Popcorn Turkey Corn Dogs

### **So Delicious**

Coconut Almond Minis

## **Nutritional Supplements**

### **Rainbow Light**

Women'S One Multivitamin 150  
Counter Attack 30  
Vitamin D 1,000 Iu Gummies 50  
Active Senior Multivitamin 90  
Just Once Multivitamin 60  
Magnesium Calcium "+" 180  
Food Based Calcium  
Prenatal One Multivitamin 150  
Prenatal Multi Vitamin  
Pain - Eze 30  
Organic Womens Multi Vitamin  
Vitamin D 1,000 Iu Gummies 100  
Men'S One Multivitamin 150  
Prenatal One Multivitamin 90  
Women'S Nutritional System 180  
Prenatal Petite Multivitamin 90  
Men'S One Multivitamin 90  
Food Based Calcium  
Performance Energy Multivitamin 90  
Counter Attack 90  
Prenatal One Multivitamin 30  
Calcium Citrate Mini Tabs 120  
Men'S One Multivitamin 30  
Everyday Calcium With Enzymes 120  
Vitamin D 400 Iu Gummies 60  
Kid'S One Multistars 90  
Everyday Calcium With Enzymes 240  
Women'S One Multivitamin 90  
Women'S One Multivitamin 30

### **Vibrant Health**

Dumontiaceae Red Algae

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki

## **Baking Needs**

### **Ener-G Foods**

Egg Replacer

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
Boom Choco Boom Dark Chocolate Bar

## **Condiments**

### **OrganicVille**

Original BBQ 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

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis

## **Nutritional Supplements**

### **Rainbow Light**

Organic Womens Multi Vitamin

Prenatal Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce