

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Potrero Hill 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

- Brown Rice Loaf
- Tapioca Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

- Pancake and Baking Wheat Free/Gluten Free Mix

#### Enjoy Life Foods

- Mini Chips

### Bread

#### Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf

### Candy and Chocolate

#### Enjoy Life

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

### Cereal

#### Arrowhead Mills

- Organic Maple Buckwheat Flakes

### Chips/Pretzels/Snacks

#### Glutino

- Pretzel Sticks
- Pretzel Twists

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup

### Organicville (Cont'd)

- 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 Very Berry Snack Bar
- Gluten Free Sun Bar

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### 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 Milk Cookie Dough
- Coconut Almond Minis

### Nutritional Supplements

#### Rainbow Light

- Pain - Eze 30

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

Vitamin D 1,000 Iu Gummies 100  
Complete Iron System 60  
Gummy Omegalicious 30  
Vitamin D 1,000 Iu Gummies 50  
Magnesium Calcium "+" 90  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Performance Energy Multivitamin 90  
Women'S One Multivitamin 150  
Prenatal Petite Multivitamin 90  
Food Based Calcium  
Counter Attack 30  
Everyday Calcium With Enzymes 240  
Kid'S One Multistars 90  
Prenatal One Multivitamin 150  
Men'S One Multivitamin 150  
Counter Attack 90  
Nail, Hair & Skin Connection 60  
Prenatal One Multivitamin 30  
Active Health Teen Multivitamin 90  
Everyday Calcium With Enzymes 120  
Black Cohosh Menopause Relief 1650 60  
Organic Womens Multi Vitamin  
Rejuvenage 40+ Multi 120  
Chewable Calcium Citrate Multi-Mins 45  
Gummy Power Sours 30  
Magnesium Calcium "+" 180  
Super C 1000 60  
Women'S One Multivitamin 90  
Men'S 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

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists  
Pretzel Sticks

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
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  
Gluten Free Very Berry Snack Bar

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **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 Milk Cookie Dough  
Coconut Almond Minis

## **Nutritional Supplements**

## **Rainbow Light**

Black Cohosh Menopause Relief 1650 60  
Everyday Calcium With Enzymes 240  
Active Senior Multivitamin 90  
Men'S One Multivitamin 30  
Rejuvenage 40+ Multi 120  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 30  
Women'S One Multivitamin 150  
Nail, Hair & Skin Connection 60  
Magnesium Calcium "+" 90  
Organic Womens Multi Vitamin  
Prenatal One Multivitamin 150  
Prenatal Petite Multivitamin 90  
Complete Iron System 60  
Vitamin D 1,000 Iu Gummies 50  
Magnesium Calcium "+" 180  
Active Health Teen Multivitamin 90  
Gummy Power Sours 30  
Counter Attack 90  
Counter Attack 30  
Chewable Calcium Citrate Multi-Mins 45  
Women'S One Multivitamin 90  
Men'S One Multivitamin 150  
Pain - Eze 30  
Food Based Calcium  
Everyday Calcium With Enzymes 120  
Performance Energy Multivitamin 90  
Gummy Omegalicious 30  
Prenatal One Multivitamin 30  
Kid'S One Multistars 90  
Vitamin D 1,000 Iu Gummies 100  
Super C 1000 60

## **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

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Enjoy Life Foods**

Mini Chips

## **Bread**

## **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

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

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **So Delicious**

Coconut Almond Minis

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

### **Rainbow Light**

Organic Womens Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce