

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Redwood City 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
- Gluten Free/Wheat Free Yellow Cake 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

### Cereal

#### Arrowhead Mills

- Organic Maple Buckwheat Flakes

### Chips/Pretzels/Snacks

#### Glutino

- Pretzel Sticks
- Pretzel Twists

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

- Organic Ketchup
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- 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 Caramel Apple Snack Bar

#### Enjoy Life (Cont'd)

- Gluten Free Sun Bar
- Gluten Free Cocoa Loco Snack Bar

#### Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### So Delicious

- Coconut Almond Minis

### Entrees and Mixes

#### Cherrybrook Kitchen

- Gluten Free/Wheat Free Yellow Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix

### Ethnic Foods

#### Organicville

- Organic Sesame Teriyaki

### Frozen Foods

#### Ian's Natural Foods

- Popcorn Turkey Corn Dogs

#### So Delicious

- Coconut Milk Cookie Dough
- Coconut Almond Minis

### Nutritional Supplements

#### Nature's Way Alive!

- Vitamin C

#### Rainbow Light

- Prenatal One Multivitamin 30

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

Prenatal One Multivitamin 90  
Prenatal One Multivitamin 150  
Magnesium Calcium "+" 90  
Men'S One Multivitamin 30  
Chewable Calcium Citrate Multi-Mins 45  
Super C 1000 60  
Gummy Omegalicious 30  
Men'S One Multivitamin 90  
Food Based Calcium  
Gummy Power Sours 30  
Everyday Calcium With Enzymes 120  
Just Once Multivitamin 120  
Women'S One Multivitamin 90  
Active Senior Multivitamin 30  
Counter Attack 30  
Nail, Hair & Skin Connection 60  
Vitamin D 1,000 Iu Gummies 50  
Counter Attack 90  
Women'S One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Calcium Citrate Mini Tabs 120  
Vitamin D 1,000 Iu Gummies 100  
Prenatal Petite Multivitamin 90  
Food Based Calcium  
Organic Womens Multi Vitamin  
Magnesium Calcium "+" 180  
Women'S One Multivitamin 30  
Active Senior Multivitamin 90  
Prenatal Multi Vitamin  
Kid'S One Multistars 90  
Active Health Teen Multivitamin 90  
Pain - Eze 30  
Men'S One Multivitamin 150  
Performance Energy Multivitamin 90  
Everyday Calcium With Enzymes 240

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix  
Gluten Free/Wheat Free Yellow Cake 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

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists  
Pretzel Sticks

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Ketchup  
Organic Dressing, Sundried Tomato & Garlic 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 Caramel Apple Snack Bar  
Gluten Free Sun Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Chocolate Chip Cookies

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Gluten Free/Wheat Free Yellow Cake Mix  
Pancake and Baking Wheat Free/Gluten Free Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

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

Popcorn Turkey Corn Dogs

### **So Delicious**

Coconut Almond Minis  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

## **Nature's Way Alive!**

Vitamin C

## **Rainbow Light**

Women'S One Multivitamin 150  
Nail, Hair & Skin Connection 60  
Just Once Multivitamin 120  
Men'S One Multivitamin 90  
Kid'S One Multistars 90  
Chewable Calcium Citrate Multi-Mins 45  
Women'S One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Performance Energy Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Men'S One Multivitamin 30  
Food Based Calcium  
Organic Womens Multi Vitamin  
Calcium Citrate Mini Tabs 120  
Prenatal One Multivitamin 30  
Everyday Calcium With Enzymes 120  
Magnesium Calcium "+" 180  
Magnesium Calcium "+" 90  
Prenatal One Multivitamin 150  
Prenatal Petite Multivitamin 90  
Active Senior Multivitamin 90  
Active Senior Multivitamin 30  
Pain - Eze 30  
Everyday Calcium With Enzymes 240  
Food Based Calcium  
Counter Attack 30  
Men'S One Multivitamin 150  
Super C 1000 60  
Gummy Omegalicious 30  
Prenatal Multi Vitamin  
Prenatal One Multivitamin 90  
Counter Attack 90  
Active Health Teen Multivitamin 90  
Gummy Power Sours 30  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 30

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Baking Needs**

### **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

## **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 Cocoa Loco Snack Bar

Gluten Free Sun Bar

Gluten Free Caramel Apple Snack Bar

### **Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis

## **Frozen Foods**

### **So Delicious**

Coconut Milk Cookie Dough

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## **Nutritional Supplements**

### **Rainbow Light**

Prenatal Multi Vitamin

Organic Womens Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce