

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Reno 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 Dairy-Free Rice Milk w/ Crispy Rice 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 Tangy BBQ Sauce

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

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

Organic Island 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

Organic Creamy Vanilla
Peanut Butter Zigzag
Coconut Milk Cookie Dough
Coconut Almond Minis

Nutritional Supplements

Rainbow Light

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

Vibrant Health

Joint Vibrance Powder
Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce

Organicville (Cont'd)

Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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 Dairy-Free Rice Milk w/ Crispy Rice
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 Dressing, Olive Oil & Balsamic Vinaigrette
Organic Ketchup
Organic Tangy 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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla
Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

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

Organic Island 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

Coconut Milk Cookie Dough

Coconut Almond Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

Nutritional Supplements

Rainbow Light

Pain - Eze 30

Women'S One Multivitamin 150

Food Based Calcium

Counter Attack 90

Organic Womens Multi Vitamin

Food Based Calcium

Everyday Calcium With Enzymes 240

Super C 1000 60

Active Health Teen Multivitamin 90

Magnesium Calcium "+" 90

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Kid'S One Multistars 90

Men'S One Multivitamin 30

Women'S One Multivitamin 90

Performance Energy Multivitamin 90

Complete Iron System 60

Prenatal Multi Vitamin

Men'S One Multivitamin 150

Gummy Power Sours 30

Calcium Citrate Mini Tabs 120

Just Once Multivitamin 120

Prenatal One Multivitamin 150

Prenatal One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Active Senior Multivitamin 30

Prenatal Petite Multivitamin 90

Nail, Hair & Skin Connection 60

Vitamin D 1,000 Iu Gummies 50

Rainbow Light (Cont'd)

Women'S Nutritional System 180

Chewable Calcium Citrate Multi-Mins 45

Magnesium Calcium "+" 180

Everyday Calcium With Enzymes 120

Active Senior Multivitamin 90

Women'S One Multivitamin 30

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Vibrant Health

Dumontiaceae Red Algae

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

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 Dark Chocolate Bar

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

So Delicious (Cont'd)

Coconut Almond Minis
Organic Creamy Vanilla

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough
Coconut Almond Minis
Peanut Butter Zigzag
Organic Creamy Vanilla

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