

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Roseville 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

Gluten Free/Wheat Free Yellow Cake Mix

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 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, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

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

Enjoy Life Foods

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

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

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

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

Nutritional Supplements

Nature's Way Alive!

- Vitamin C

Rainbow Light

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

Vibrant Health

- Dumontiaceae Red Algae

Vibrant Health (Cont'd)

- Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

- Gluten Free/Wheat Free Yellow Cake Mix
- 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 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 Ketchup
- Organic Tangy BBQ Sauce
- 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 Sun Bar
- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

So Delicious

So Delicious (Cont'd)

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

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Just Once Multivitamin 120

Magnesium Calcium "+" 180

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Kid'S One Multistars 90

Men'S One Multivitamin 30

Gummy Power Sours 30

Vitamin D 400 Iu Gummies 60

Calcium Citrate Mini Tabs 120

Active Senior Multivitamin 30

Performance Energy Multivitamin 90

Pain - Eze 30

Rainbow Light (Cont'd)

Active Senior Multivitamin 90

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Active Health Teen Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Complete Iron System 60

Prenatal One Multivitamin 90

Counter Attack 90

Multi-Vitamin Mens

Everyday Calcium With Enzymes 240

Nail, Hair & Skin Connection 60

Men'S One Multivitamin 150

Chewable Calcium Citrate Multi-Mins 45

Super C 1000 60

Gummy Omegalicious 30

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 30

Women'S One Multivitamin 30

Women'S Nutritional System 180

Magnesium Calcium "+" 90

Women'S One Multivitamin 90

Food Based Calcium

Vibrant Health

Joint Vibrance Powder

Dumontiaceae Red Algae

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 Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Condiments

OrganicVille

OrganicVille (Cont'd)

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

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Organic Creamy Vanilla

Coconut Almond Minis

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Nutritional Supplements**Rainbow Light**

Multi-Vitamin Mens

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce