

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sebastopol 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

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

Condiments

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sesame Tamari Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Nutritional Supplements

Rainbow Light

Women'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 150

Pain - Eze 30

Complete Iron System 60

Food Based Calcium

Counter Attack 90

Women'S One Multivitamin 90

Vitamin D 400 Iu Gummies 60

Everyday Calcium With Enzymes 240

Gummy Power Sours 30

Counter Attack 30

Just Once Multivitamin 120

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Prenatal One Multivitamin 30

Performance Energy Multivitamin 90

Magnesium Calcium "+" 90

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Everyday Calcium With Enzymes 120

Active Health Teen Multivitamin 90

Gummy Omegalicious 30

Chewable Calcium Citrate Multi-Mins 45

Kid'S One Multistars 90

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Cherrybrook Kitchen

Cherrybrook Kitchen (Cont'd)

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Active Health Teen Multivitamin 90

Complete Iron System 60

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 30

Prenatal One Multivitamin 150

Magnesium Calcium "+" 90

Performance Energy Multivitamin 90

Men'S One Multivitamin 90

Food Based Calcium

Pain - Eze 30

Vitamin D 1,000 Iu Gummies 50

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Women'S One Multivitamin 150

Gummy Omegalicious 30

Women'S One Multivitamin 30

Men'S One Multivitamin 30

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Gummy Power Sours 30

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