

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



San Mateo 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

- Tapioca Loaf
- Brown Rice Loaf

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

Bread

Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

- Pretzel Sticks

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Ketchup
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organicville (Cont'd)

- Organic Tangy 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

Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie 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

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

So Delicious

- Coconut Almond Minis
- Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

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

Vibrant Health

- Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

Organicville

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

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baked Goods

Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf

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

Bread

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

- Pretzel Sticks

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Ketchup

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 Sun Bar
- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

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

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Pain - Eze 30

Complete Iron System 60

Kid'S One Multistars 90

Men'S One Multivitamin 30

Food Based Calcium

Active Senior Multivitamin 30

Prenatal Petite Multivitamin 90

Women'S One Multivitamin 90

Everyday Calcium With Enzymes 240

Active Senior Multivitamin 90

Active Health Teen Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Vitamin D 1,000 Iu Gummies 100

Vitamin D 400 Iu Gummies 60

Magnesium Calcium "+" 90

Just Once Multivitamin 120

Prenatal One Multivitamin 90

Calcium Citrate Mini Tabs 120

Gummy Power Sours 30

Men'S One Multivitamin 150

Performance Energy Multivitamin 90

Food Based Calcium

Nail, Hair & Skin Connection 60

Counter Attack 30

Prenatal One Multivitamin 30

Multi-Vitamin Mens

Men'S One Multivitamin 90

Chewable Calcium Citrate Multi-Mins 45

Magnesium Calcium "+" 180

Gummy Omegalicious 30

Women'S One Multivitamin 30

Women'S Nutritional System 180

Counter Attack 90

Prenatal One Multivitamin 150

Everyday Calcium With Enzymes 120

Rainbow Light (Cont'd)

Women'S One Multivitamin 150

Vibrant Health

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

Baked Goods

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

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Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

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