

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sonoma 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

#### 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 Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Sticks

Pretzel Twists

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

Organic Ketchup

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 Cocoa Loco Snack Bar

### Dairy Alternatives

#### Ener-G Foods

Egg Replacer

#### So Delicious

Coconut Almond Minis

### Entrees and Mixes

#### Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

### Ethnic Foods

#### Organicville

Organic Sesame Teriyaki

### Frozen Foods

#### Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

#### So Delicious

Coconut Almond Minis

### Nutritional Supplements

#### Rainbow Light

Vitamin D 400 Iu Gummies 60

Food Based Calcium

Active Health Teen Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Complete Iron System 60

Prenatal One Multivitamin 90

Magnesium Calcium "+" 180

Men'S One Multivitamin 30

Active Senior Multivitamin 90

Gummy Omegalicious 30

Super C 1000 60

Men'S One Multivitamin 150

Calcium Citrate Mini Tabs 120

Pain - Eze 30

Kid'S One Multistars 90

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

Women'S One Multivitamin 30  
Prenatal One Multivitamin 150  
Food Based Calcium  
Women'S One Multivitamin 90  
Men'S One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 30  
Magnesium Calcium "+" 90  
Gummy Power Sours 30  
Counter Attack 90  
Everyday Calcium With Enzymes 240

## **Vibrant Health**

Joint Vibrance Powder

## **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

### **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 Rice & Shine Hot Cereal  
Organic Maple Buckwheat Flakes

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists  
Pretzel Sticks

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Ketchup

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **So Delicious**

Coconut Almond Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free  
Popcorn Turkey Corn Dogs

### **So Delicious**

Coconut Almond Minis

## **Nutritional Supplements**

### **Rainbow Light**

Complete Iron System 60  
Vitamin D 1,000 Iu Gummies 50  
Super C 1000 60  
Prenatal One Multivitamin 90  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 30  
Counter Attack 90  
Men'S One Multivitamin 90  
Men'S One Multivitamin 150  
Active Senior Multivitamin 90  
Calcium Citrate Mini Tabs 120  
Active Health Teen Multivitamin 90  
Gummy Power Sours 30  
Men'S One Multivitamin 30  
Women'S One Multivitamin 90  
Pain - Eze 30  
Women'S One Multivitamin 30  
Vitamin D 400 Iu Gummies 60  
Everyday Calcium With Enzymes 240  
Magnesium Calcium "+" 180  
Food Based Calcium  
Vitamin D 1,000 Iu Gummies 100  
Gummy Omegalicious 30  
Magnesium Calcium "+" 90  
Kid'S One Multistars 90  
Food Based Calcium

### **Vibrant Health**

Joint Vibrance Powder

## **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 Dairy-Free Rice Milk w/ Crispy Rice  
Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

**Cereal****Arrowhead Mills**

Organic Rice & Shine Hot Cereal

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

**Dairy Alternatives****Ener-G Foods**

Egg Replacer

**So Delicious**

Coconut Almond Minis

**Frozen Foods****So Delicious**

Coconut Almond Minis

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce