

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## SOMA 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

- Gluten Free/Wheat Free Yellow Cake Mix
- 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

- 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

#### So Delicious

- Coconut Almond Minis

### Entrees and Mixes

#### Cherrybrook Kitchen

- Gluten Free/Wheat Free Yellow Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix

### Ethnic Foods

#### Organicville

- Organic Sesame Teriyaki

### Frozen Foods

#### Ian's Natural Foods

- Popcorn Turkey Corn Dogs
- Chicken Nuggets, Allergen Free

#### So Delicious

- Coconut Almond Minis

### Nutritional Supplements

#### Rainbow Light

- Complete Iron System 60
- Nail, Hair & Skin Connection 60
- Active Health Teen Multivitamin 90
- Prenatal Multi Vitamin
- Counter Attack 90
- Women'S One Multivitamin 90
- Prenatal One Multivitamin 150
- Performance Energy Multivitamin 90
- Kid'S One Multistars 90
- Calcium Citrate Mini Tabs 120
- Rejuvenage 40+ Multi 120
- Magnesium Calcium "+" 180
- Prenatal Petite Multivitamin 90
- Men'S One Multivitamin 150
- Magnesium Calcium "+" 90
- Food Based Calcium
- Vitamin D 400 Iu Gummies 60
- Everyday Calcium With Enzymes 240
- Active Senior Multivitamin 90
- Men'S One Multivitamin 30
- Prenatal One Multivitamin 30
- Women'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 100

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

Organic Womens Multi Vitamin  
Vitamin D 1,000 Iu Gummies 50  
Gummy Omegalicious 30  
Gummy Power Sours 30  
Women'S One Multivitamin 30  
Pain - Eze 30  
Prenatal One Multivitamin 90  
Food Based Calcium

## **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**

Gluten Free/Wheat Free Yellow Cake Mix  
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**

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**

### **So Delicious**

Coconut Almond Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix  
Gluten Free/Wheat Free Yellow Cake 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**

Active Health Teen Multivitamin 90  
Complete Iron System 60  
Men'S One Multivitamin 150  
Gummy Omegalicious 30  
Prenatal Multi Vitamin  
Magnesium Calcium "+" 90  
Women'S One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Pain - Eze 30  
Men'S One Multivitamin 30  
Food Based Calcium  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 30  
Vitamin D 400 Iu Gummies 60  
Rejuvenage 40+ Multi 120  
Kid'S One Multistars 90  
Prenatal One Multivitamin 90  
Everyday Calcium With Enzymes 240  
Magnesium Calcium "+" 180  
Organic Womens Multi Vitamin  
Gummy Power Sours 30  
Calcium Citrate Mini Tabs 120  
Active Senior Multivitamin 90  
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Performance Energy Multivitamin 90  
Nail, Hair & Skin Connection 60  
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Prenatal Petite Multivitamin 90  
Food Based Calcium  
Women'S One Multivitamin 30

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## **Baking Needs**

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

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Boom Choco Boom Dark Chocolate Bar

## **Condiments**

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Original BBQ Sauce

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**Cookies and Snack Bars****Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

**Dairy Alternatives****So Delicious**

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

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