

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## San Rafael 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

#### Enjoy Life Foods

Mini Chips

### Candy and Chocolate

#### Enjoy Life

Boom Choco Boom Dark Chocolate Bar

### Cereal

#### Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Sticks

Pretzel Twists

### 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

### Frozen Foods

#### Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Nuggets, Allergen Free

### So Delicious

Coconut Almond Minis

### Nutritional Supplements

#### Rainbow Light

Vitamin D 1,000 Iu Gummies 50

Everyday Calcium With Enzymes 240

Prenatal One Multivitamin 90

Magnesium Calcium "+" 180

Active Health Teen Multivitamin 90

Organic Womens Multi Vitamin

Kid'S One Multistars 90

Men'S One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Gummy Power Sours 30

Women'S One Multivitamin 150

Gummy Omegalicious 30

Nail, Hair & Skin Connection 60

Black Cohosh Menopause Relief 1650 60

Calcium Citrate Mini Tabs 120

Prenatal One Multivitamin 30

Active Senior Multivitamin 90

Chewable Calcium Citrate Multi-Mins 45

Women'S One Multivitamin 90

Food Based Calcium

Vitamin D 1,000 Iu Gummies 100

Complete Iron System 60

Prenatal One Multivitamin 150

Food Based Calcium

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Counter Attack 90

Men'S One Multivitamin 90

Magnesium Calcium "+" 90

**Vibrant Health**

Joint Vibrance Powder  
Dumontiaceae Red Algae

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

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Baking Needs****Enjoy Life Foods**

Mini Chips

**Candy and Chocolate****Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

**Cereal****Arrowhead Mills**

Organic Maple Buckwheat Flakes  
Organic Rice & Shine Hot Cereal

**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

**Frozen Foods****Ian's Natural Foods**

Popcorn Turkey Corn Dogs  
Chicken Nuggets, Allergen Free

**So Delicious**

Coconut Almond Minis

**Nutritional Supplements****Rainbow Light**

Magnesium Calcium "+" 180  
Women'S One Multivitamin 150  
Nail, Hair & Skin Connection 60  
Magnesium Calcium "+" 90  
Calcium Citrate Mini Tabs 120  
Men'S One Multivitamin 150  
Active Senior Multivitamin 90

**Rainbow Light (Cont'd)**

Prenatal One Multivitamin 150  
Women'S One Multivitamin 90  
Everyday Calcium With Enzymes 240  
Active Health Teen Multivitamin 90  
Chewable Calcium Citrate Multi-Mins 45  
Vitamin D 400 Iu Gummies 60  
Food Based Calcium  
Kid'S One Multistars 90  
Counter Attack 90  
Black Cohosh Menopause Relief 1650 60  
Women'S One Multivitamin 30  
Organic Womens Multi Vitamin  
Prenatal One Multivitamin 30  
Prenatal One Multivitamin 90  
Gummy Power Sours 30  
Men'S One Multivitamin 90  
Food Based Calcium  
Gummy Omegalicious 30  
Vitamin D 1,000 Iu Gummies 50  
Men'S One Multivitamin 30  
Complete Iron System 60  
Vitamin D 1,000 Iu Gummies 100

**Vibrant Health**

Dumontiaceae Red Algae  
Joint Vibrance Powder

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

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

**Baking Needs****Enjoy Life Foods**

Mini Chips

**Candy and Chocolate****Enjoy Life**

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****So Delicious**

Coconut Almond Minis

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis

## **Nutritional Supplements**

### **Rainbow Light**

Organic Womens Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce