

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Stevens Creek 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
- Gluten Free/Wheat Free Yellow Cake 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
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

- Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

- Pretzel Twists
- Pretzel Sticks

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic 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
- Gluten Free Sun Bar

Enjoy Life Foods

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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis
- Organic Creamy Vanilla

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

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

Popcorn Turkey Corn Dogs

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla
Peanut Butter Zigzag
Coconut Milk Cookie Dough
Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Women'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Black Cohosh Menopause Relief 1650 60
Nail, Hair & Skin Connection 60
Everyday Calcium With Enzymes 240
Prenatal One Multivitamin 150
Magnesium Calcium "+" 90
Active Senior Multivitamin 30
Counter Attack 90
Kid'S One Multistars 90
Active Health Teen Multivitamin 90
Women'S One Multivitamin 150
Complete Iron System 60
Magnesium Calcium "+" 180
Women'S Nutritional System 180
Men'S One Multivitamin 90
Just Once Multivitamin 120
Men'S One Multivitamin 30
Prenatal Petite Multivitamin 90
Prenatal One Multivitamin 30
Performance Energy Multivitamin 90
Men'S One Multivitamin 150
Prenatal One Multivitamin 90
Active Senior Multivitamin 90
Gummy Power Sours 30
Vitamin D 1,000 Iu Gummies 100
Super C 1000 60
Counter Attack 30
Calcium Citrate Mini Tabs 120
Everyday Calcium With Enzymes 120
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 90

Rainbow Light (Cont'd)

Chewable Calcium Citrate Multi-Mins 45
Mintasure 75
Gummy Omegalicious 30
Food Based Calcium
Food Based Calcium
Pain - Eze 30

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

Baked Goods

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix
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 Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup
Organic Dressing, Non Dairy Ranch

Organicville (Cont'd)

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
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 Sun Bar
Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla
Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

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

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Organic Creamy Vanilla
Coconut Milk Cookie Dough
Peanut Butter Zigzag
Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Rainbow Light (Cont'd)

Complete Iron System 60
Prenatal Petite Multivitamin 90
Food Based Calcium
Just Once Multivitamin 120
Prenatal One Multivitamin 90
Men'S One Multivitamin 30
Food Based Calcium
Women'S Nutritional System 180
Women'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Mintasure 75
Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Black Cohosh Menopause Relief 1650 60
Vitamin D 400 Iu Gummies 60
Gummy Power Sours 30
Gummy Omegalicious 30
Pain - Eze 30
Performance Energy Multivitamin 90
Super C 1000 60
Chewable Calcium Citrate Multi-Mins 45
Everyday Calcium With Enzymes 240
Everyday Calcium With Enzymes 120
Nail, Hair & Skin Connection 60
Active Senior Multivitamin 90
Active Health Teen Multivitamin 90
Counter Attack 30
Men'S One Multivitamin 90
Magnesium Calcium "+" 90
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Men'S One Multivitamin 150
Magnesium Calcium "+" 180
Women'S One Multivitamin 150
Active Senior Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Counter Attack 90
Calcium Citrate Mini Tabs 120
Kid'S One Multistars 90

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

Baked Goods

Ener-G Foods

Tapioca Loaf
Brown Rice 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

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

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

Gluten Free Sun Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

Organic Creamy Vanilla

Coconut Almond Minis

Coconut Milk Cookie Dough

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce