

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Haight 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

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

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

Dairy Alternatives

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

Popcorn Turkey Corn Dogs

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Everyday Calcium With Enzymes 120

Performance Energy Multivitamin 90

Women'S One Multivitamin 90

Rejuvenage 40+ Multi 120

Active Senior Multivitamin 90

Food Based Calcium

Calcium Citrate Mini Tabs 120

Vitamin D 400 Iu Gummies 60

Organic Womens Multi Vitamin

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 150

Gummy Power Sours 30

Women'S One Multivitamin 30

Everyday Calcium With Enzymes 240

Pain - Eze 30

Prenatal One Multivitamin 30

Counter Attack 90

Vitamin D 1,000 Iu Gummies 50

Vitamin D 1,000 Iu Gummies 100

Men'S One Multivitamin 30

Men'S One Multivitamin 90

Kid'S One Multistars 90

Women'S Nutritional System 180

Active Health Teen Multivitamin 90

Food Based Calcium

Magnesium Calcium "+" 180

Men'S One Multivitamin 150

Gummy Omegalicious 30

Prenatal One Multivitamin 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

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Popcorn Turkey Corn Dogs

So Delicious

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Vitamin D 1,000 Iu Gummies 100

Performance Energy Multivitamin 90

Men'S One Multivitamin 90

Food Based Calcium

Prenatal One Multivitamin 90

Magnesium Calcium "+" 180

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 30

Rainbow Light (Cont'd)

Prenatal One Multivitamin 150

Calcium Citrate Mini Tabs 120

Active Senior Multivitamin 90

Women'S One Multivitamin 90

Rejuvenage 40+ Multi 120

Men'S One Multivitamin 150

Women'S One Multivitamin 30

Active Health Teen Multivitamin 90

Everyday Calcium With Enzymes 120

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 30

Prenatal Petite Multivitamin 90

Pain - Eze 30

Everyday Calcium With Enzymes 240

Food Based Calcium

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Kid'S One Multistars 90

Women'S Nutritional System 180

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OrganicVille (Cont'd)

Original BBQ Sauce

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