

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Santa Cruz 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

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Pretzel Twists

Condiments

OrganicVile

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

So Delicious

Coconut Milk Cookie Dough

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

So Delicious

Coconut Milk Cookie Dough

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Women'S One Multivitamin 90

Nail, Hair & Skin Connection 60

Performance Energy Multivitamin 90

Just Once Multivitamin 120

Food Based Calcium

Active Senior Multivitamin 90

Men'S One Multivitamin 90

Complete Iron System 60

Women'S One Multivitamin 30

Rejuvenage 40+ Multi 120

Prenatal One Multivitamin 30

Chewable Calcium Citrate Multi-Mins 45

Super C 1000 60

Calcium Citrate Mini Tabs 120

Vitamin D 1,000 Iu Gummies 100

Vitamin D 400 Iu Gummies 60

Rainbow Light (Cont'd)

Women'S One Multivitamin 150
Food Based Calcium
Multi-Vitamin Mens
Magnesium Calcium "+" 180
Women'S Nutritional System 180
Magnesium Calcium "+" 90
Vitamin D 1,000 Iu Gummies 50
Black Cohosh Menopause Relief 1650 60
Counter Attack 30
Men'S One Multivitamin 30
Prenatal One Multivitamin 150
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Counter Attack 90
Everyday Calcium With Enzymes 240
Active Health Teen Multivitamin 90
Men'S One Multivitamin 150
Gummy Power Sours 30
Gummy Omegalicious 30

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

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Bread

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Candy and Chocolate

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Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

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Original BBQ Sauce

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Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

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Organic Sesame Teriyaki

Frozen Foods

So Delicious

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Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Men'S One Multivitamin 150

Food Based Calcium

Magnesium Calcium "+" 180

Counter Attack 90

Magnesium Calcium "+" 90

Counter Attack 30

Gummy Power Sours 30

Gummy Omegalicious 30

Complete Iron System 60

Women'S One Multivitamin 30

Chewable Calcium Citrate Multi-Mins 45

Food Based Calcium

Multi-Vitamin Mens

Women'S Nutritional System 180

Men'S One Multivitamin 90

Performance Energy Multivitamin 90

Women'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Everyday Calcium With Enzymes 240

Vitamin D 400 Iu Gummies 60

Calcium Citrate Mini Tabs 120

Women'S One Multivitamin 90

Active Senior Multivitamin 90

Super C 1000 60

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 150

Prenatal One Multivitamin 90

Just Once Multivitamin 120

Rainbow Light (Cont'd)

Men'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Nail, Hair & Skin Connection 60
Black Cohosh Menopause Relief 1650 60
Prenatal One Multivitamin 30
Kid'S One Multistars 90
Rejuvenage 40+ Multi 120

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

Baking Needs**Enjoy Life Foods**

Mini Chips

Bread**Ener-G Foods**

Tapioca Loaf

Candy and Chocolate**Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dark Chocolate Bar

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**So Delicious**

Coconut Almond Minis

Frozen Foods**So Delicious**

Coconut Milk Cookie Dough
Coconut Almond Minis

Nutritional Supplements**Rainbow Light**

Multi-Vitamin Mens

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce