

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tenaya Store, Southern Pacific 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

Vanilla Frosting Mix

Ener-G Foods

Brown Rice Loaf Yeast Free

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Brown Rice Loaf Yeast Free

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organicville (Cont'd)

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Glutino

Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

Vanilla Frosting Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Pain - Eze 30

Prenatal One Multivitamin 90

Super C 1000 60

Vitamin D 400 Iu Gummies 60

Magnesium Calcium "+" 90

Everyday Calcium With Enzymes 120

Prenatal Petite Multivitamin 180

Men'S One Multivitamin 30

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 150

Men'S One Multivitamin 90

Counter Attack 90

Active Senior Multivitamin 90

Women'S One Multivitamin 90

Kid'S One Multistars 90

Prenatal Multi Vitamin

Kid'S One Multistars 30

Active Health Teen Multivitamin 90

Prenatal One Multivitamin 30

Women'S One Multivitamin 150

Counter Attack 30

Food Based Calcium

Food Based Calcium

Women'S One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Vanilla Frosting Mix

Ener-G Foods

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Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

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Brown Rice Loaf Yeast Free

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Enjoy Life (Cont'd)

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Tangy BBQ Sauce

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

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Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Food Based Calcium

Rainbow Light (Cont'd)

Kid'S One Multistars 30
Prenatal One Multivitamin 150
Active Senior Multivitamin 90
Women'S One Multivitamin 150
Counter Attack 90
Prenatal Petite Multivitamin 180
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 90
Prenatal Multi Vitamin
Active Health Teen Multivitamin 90
Vitamin D 400 Iu Gummies 60
Counter Attack 30
Magnesium Calcium "+" 90
Kid'S One Multistars 90
Women'S One Multivitamin 30
Prenatal One Multivitamin 30
Food Based Calcium
Pain - Eze 30
Super C 1000 60
Men'S One Multivitamin 90
Prenatal One Multivitamin 90
Men'S One Multivitamin 30
Everyday Calcium With Enzymes 120

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

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Ener-G Foods

Tapioca Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

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Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice
Chocolate Bar
Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

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