

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Walnut 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

- Brown Rice Loaf
- Tapioca 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

- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

### Bread

#### Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf
- Brown Rice Loaf Yeast Free

### Candy and Chocolate

#### Enjoy Life

- Boom Choco Boom Dark Chocolate Bar

### Cereal

#### Arrowhead Mills

- Organic Rice & Shine Hot Cereal

### Chips/Pretzels/Snacks

#### Glutino

- Pretzel Sticks
- Pretzel Twists

### Condiments

#### Organicville

- Original BBQ Sauce

### Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- 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 Cocoa Loco Snack Bar

#### Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### So Delicious

- Coconut Almond Minis

### 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

#### So Delicious

- Coconut Milk Cookie Dough
- Coconut Almond Minis

### Nutritional Supplements

## **Nature's Way Alive!**

Vitamin C

## **Rainbow Light**

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

Brown Rice Loaf  
Tapioca 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**

Brown Rice Loaf Yeast Free

## **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Tapioca Loaf  
Brown Rice Loaf  
Brown Rice Loaf Yeast Free

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

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 Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Ketchup  
Organic Dressing, Non Dairy Ranch

### **The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **So Delicious**

Coconut Almond Minis

## **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**

### **So Delicious**

Coconut Milk Cookie Dough

Coconut Almond Minis

## **Nutritional Supplements**

### **Nature's Way Alive!**

Vitamin C

### **Rainbow Light**

Prenatal One Multivitamin 90

Pain - Eze 30

Women'S One Multivitamin 150

Magnesium Calcium "+" 90

Men'S One Multivitamin 150

Complete Iron System 60

Nail, Hair & Skin Connection 60

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 100

Food Based Calcium

Prenatal One Multivitamin 150

Kid'S One Multistars 90

Counter Attack 90

Calcium Citrate Mini Tabs 120

Black Cohosh Menopause Relief 1650 60

Active Senior Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Gummy Power Sours 30

Vitamin D 400 Iu Gummies 60

Women'S Nutritional System 180

Magnesium Calcium "+" 180

Gummy Omegalicious 30

Prenatal One Multivitamin 30

Chewable Calcium Citrate Multi-Mins 45

Just Once Multivitamin 120

Performance Energy Multivitamin 90

Active Senior Multivitamin 30

Active Health Teen Multivitamin 90

Men'S One Multivitamin 30

Organic Womens Multi Vitamin

Food Based Calcium

Everyday Calcium With Enzymes 120

Super C 1000 60

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

### **Organicville (Cont'd)**

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

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Tapioca Loaf

Brown Rice Loaf

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal

## **Condiments**

### **Organicville**

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### **So Delicious**

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### **So Delicious**

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## **Nutritional Supplements**

### **Rainbow Light**

Organic Womens Multi Vitamin

## **Sauces/Salsas/Dips**

### **Organicville**

**OrganicVille (Cont'd)**

Original BBQ Sauce

**The Ginger People**

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce