

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Arroyo 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

- Brown Rice Loaf
- Tapioca Loaf

### Baking Needs

#### Arrowhead Mills

- Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

- Vanilla Frosting Mix
- Chocolate Frosting Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- 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

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

### Candy and Chocolate

#### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk 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, Miso Ginger Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

### 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 Chocolate Chip Cookies
- Soft Baked Gingerbread Spice Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

#### Glutino

- Blueberry Breakfast Bars
- Apple Breakfast Bars

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

## **Ener-G Foods (Cont'd)**

Egg Replacer

## **Purely Decadent**

Coconut Milk Mint Chip

## **So Delicious**

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut 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

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Vanilla Frosting Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

## **Nutritional Supplements**

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

Vitamin C

### **Rainbow Light**

Women'S Nutritional System 180

Food Based Calcium

Vitamin D 1,000 Iu Gummies 50

Active Health Teen Multivitamin 90

Food Based Calcium

Everyday Calcium With Enzymes 120

Prenatal Petite Multivitamin 90

Magnesium Calcium "+" 90

Men'S One Multivitamin 150

Kid'S One Multistars 30

Prenatal Multi Vitamin

Prenatal One Multivitamin 90

Kid'S One Multistars 90

## **Rainbow Light (Cont'd)**

Performance Energy Multivitamin 90

Men'S One Multivitamin 90

Super C 1000 60

Counter Attack 30

Gummy Omegalicious 30

Counter Attack 90

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Organic Womens Multi Vitamin

Magnesium Calcium "+" 180

Energy B-Complex 45

Pain - Eze 30

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Mintasure 75

Women'S One Multivitamin 150

Women'S One Multivitamin 90

Active Senior Multivitamin 90

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Multi-Vitamin Mens

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf

Tapioca Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Vanilla Frosting Mix

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

- Tapioca Loaf
- Brown Rice Loaf

## **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

## **Chips/Pretzels/Snacks**

### **Glutino**

- Pretzel Sticks
- Pretzel Twists

## **Condiments**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Ketchup
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Dressing, French
- Organic Tangy BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

- Gluten Free Caramel Apple Snack Bar
- Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

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

### **Glutino**

- Apple Breakfast Bars
- Blueberry Breakfast Bars

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

- Organic Creamy Vanilla
- Coconut Almond Minis

### **So Delicious (Cont'd)**

- Chocolate Covered Vanilla Coconut Minis

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

- Vanilla Frosting Mix
- Chocolate Frosting Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix

## **Ethnic Foods**

### **Organicville**

- Organic Sesame Teriyaki
- Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

- Chicken Nuggets, Allergen Free

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

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

- Vitamin C

### **Rainbow Light**

- Counter Attack 30
- Vitamin D 1,000 Iu Gummies 100
- Counter Attack 90
- Multi-Vitamin Mens
- Mintasure 75
- Prenatal Multi Vitamin
- Women'S One Multivitamin 90
- Men'S One Multivitamin 30
- Food Based Calcium
- Active Senior Multivitamin 90
- Prenatal One Multivitamin 30
- Women'S One Multivitamin 30
- Men'S One Multivitamin 150
- Organic Womens Multi Vitamin
- Women'S Nutritional System 180
- Kid'S One Multistars 30
- Gummy Omegalicious 30
- Energy B-Complex 45
- Men'S One Multivitamin 90

## **Rainbow Light (Cont'd)**

Food Based Calcium  
Everyday Calcium With Enzymes 120  
Pain - Eze 30  
Active Health Teen Multivitamin 90  
Kid'S One Multistars 90  
Magnesium Calcium "+" 90  
Magnesium Calcium "+" 180  
Super C 1000 60  
Nutristart Multivitamin Powder 30  
Vitamin D 1,000 Iu Gummies 50  
Prenatal Petite Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Performance Energy Multivitamin 90  
Women'S One Multivitamin 150  
Prenatal Petite Multivitamin 180  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 90

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki  
Organic Tangy BBQ Sauce  
Organic Sesame Teriyaki

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie 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 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

## **Cookies and Snack Bars**

### **Enjoy Life**

Gluten Free Caramel Apple Snack Bar  
Gluten Free Cocoa Loco Snack Bar

### **Enjoy Life Foods**

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

### **Glutino**

Blueberry Breakfast Bars  
Apple Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Creamy Vanilla  
Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **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**

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

## **Nutritional Supplements**

### **Rainbow Light**

Organic Womens Multi Vitamin  
Multi-Vitamin Mens  
Prenatal Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce