

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Camelback 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

- Pancake and Baking Wheat Free/Gluten Free Mix
- Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

- Brown Rice Loaf Yeast Free
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

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

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Ketchup
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organicville (Cont'd)

- Organic Tangy BBQ Sauce
- Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Glutino

- Apple Breakfast Bars
- Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Organic Creamy Vanilla
- Coconut Almond Minis
- Organic Chocolate Velvet

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

Cherrybrook Kitchen (Cont'd)

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods**Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods**Ian's Natural Foods**

Fish Sticks, Allergen Free

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

Organic Chocolate Velvet

Nutritional Supplements**Nature's Way Alive!**

Alive w/o Fe added Cap

Rainbow Light

Active Senior Multivitamin 90

Men'S One Multivitamin 150

Prenatal One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Men'S One Multivitamin 90

Counter Attack 30

Vitamin D 1,000 Iu Gummies 100

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Kid'S One Multistars 30

Counter Attack 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Organic Island Teriyaki

Baked Goods**Ener-G Foods**

Brown Rice Loaf

Ener-G Foods (Cont'd)

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

Egg Replacer

Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

Brown Rice Loaf

Tapioca Loaf

Brown Rice Loaf Yeast Free

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

Original BBQ Sauce

Organicville

Organic Dressing, Non Dairy Ranch

Organic Tangy BBQ Sauce

Organic Ketchup

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars**Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Glutino

Apple Breakfast Bars

Blueberry Breakfast Bars

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Organic Chocolate Velvet

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Almond 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
Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods**Organicville**

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods**Ian's Natural Foods**

Chicken Nuggets, Allergen Free
Fish Sticks, Allergen Free

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Peanut Butter Zigzag
Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet
Organic Creamy Vanilla

Nutritional Supplements**Nature's Way Alive!**

Alive w/o Fe added Cap

Rainbow Light

Kid'S One Multistars 90
Kid'S One Multistars 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 150
Men'S One Multivitamin 30
Prenatal One Multivitamin 90
Nutristart Multivitamin Powder 30
Vitamin D 400 Iu Gummies 60
Counter Attack 30
Men'S One Multivitamin 150
Women'S One Multivitamin 30
Men'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 30
Active Senior Multivitamin 90
Counter Attack 90
Vitamin D 1,000 Iu Gummies 100

Vibrant Health**Vibrant Health (Cont'd)**

Joint Vibrance Powder

Sauces/Salsas/Dips**Organicville**

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki
Organic Island Teriyaki

Baked Goods**Ener-G Foods**

Tapioca Loaf
Brown Rice Loaf

Baking Needs**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

Brown Rice Loaf
Tapioca Loaf

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Condiments**Organicville**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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

Glutino

Apple Breakfast Bars
Blueberry Breakfast Bars

Dairy Alternatives**Ener-G Foods**

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Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Chocolate Velvet
Coconut Almond Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

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Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Creamy Vanilla

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce