

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Fairfax 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

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

#### Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

### Bread

#### Ener-G Foods

- Brown Rice Loaf
- Brown Rice Loaf Yeast Free
- Tapioca 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 Twists
- Pretzel Sticks

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Dressing, Non Dairy Ranch
- 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 Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies

#### Glutino

- Blueberry Breakfast Bars
- Apple Breakfast Bars

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Ener-G Foods

- Egg Replacer

#### Purely Decadent

## **Purely Decadent (Cont'd)**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

## **So Delicious**

Coconut Almond Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **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  
Chocolate Frosting Mix  
Chocolate Wheat Free/Gluten Free Cake Mix  
Vanilla Frosting Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

### **So Delicious**

Coconut Milk Cookie Dough  
Coconut Almond Minis  
Peanut Butter Zigzag

## **Nutritional Supplements**

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

Alive Cap  
Alive w/o Fe added Cap  
Vitamin C

### **Rainbow Light**

Organic Womens Multi Vitamin  
Kid'S One Multistars 30  
Mintasure 75  
Nutristart Multivitamin Powder 30  
Performance Energy Multivitamin 90  
Multi-Vitamin Mens  
Pain - Eze 30  
Counter Attack 90  
Prenatal One Multivitamin 90  
Complete B-Complex 90  
Prenatal One Multivitamin 150  
Women'S One Multivitamin 90  
Men'S One Multivitamin 30  
Men'S One Multivitamin 150  
Gummy Omegalicious 30

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

Prenatal Multi Vitamin  
Prenatal One Multivitamin 30  
Super C 1000 60  
Counter Attack 30  
Kid'S One Multistars 90  
Women'S One Multivitamin 150  
Men'S One Multivitamin 90  
Prenatal Petite Multivitamin 90  
Women'S One Multivitamin 30  
Active Health Teen Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Active Senior Multivitamin 90  
Women'S Nutritional System 180  
Everyday Calcium With Enzymes 120  
Food Based Calcium  
Energy B-Complex 45  
Magnesium Calcium "+" 180  
Vitamin D 400 Iu Gummies 60

### **Vibrant Health**

Dumontiaceae Red Algae  
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**

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

### **Ener-G Foods**

Egg Replacer  
Brown Rice Loaf Yeast Free

### **Enjoy Life Foods**

Mini Chips

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf  
Brown Rice Loaf Yeast Free  
Tapioca Loaf

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
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

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists  
Pretzel Sticks

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, French  
Organic Dressing, Non Dairy Ranch  
Organic Ketchup  
Organic Tangy BBQ Sauce  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
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 Snickerdoodle Cookies Classic Sprinkled Cinnamon  
Soft Baked Chocolate Chip Cookies

### **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  
Purely Decadent Cookie Dough

### **So Delicious**

Coconut Almond Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

## **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### **So Delicious**

Coconut Almond Minis  
Peanut Butter Zigzag  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

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

Vitamin C  
Alive Cap  
Alive w/o Fe added Cap

### **Rainbow Light**

Men'S One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Organic Womens Multi Vitamin  
Super C 1000 60  
Counter Attack 90  
Food Based Calcium  
Women'S Nutritional System 180  
Kid'S One Multistars 90  
Active Senior Multivitamin 90  
Nutristart Multivitamin Powder 30  
Performance Energy Multivitamin 90  
Energy B-Complex 45  
Men'S One Multivitamin 30  
Pain - Eze 30  
Everyday Calcium With Enzymes 120  
Prenatal Multi Vitamin  
Prenatal One Multivitamin 30  
Prenatal One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 100  
Multi-Vitamin Mens  
Prenatal Petite Multivitamin 90  
Prenatal One Multivitamin 150  
Kid'S One Multistars 30  
Complete B-Complex 90  
Counter Attack 30  
Magnesium Calcium "+" 180  
Women'S One Multivitamin 150

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

Active Health Teen Multivitamin 90  
Mintasure 75  
Gummy Omegalicious 30  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Men'S One Multivitamin 90

## **Vibrant Health**

Dumontiaceae Red Algae  
Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce  
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**

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 Chocolate Chip Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

## **Enjoy Life Foods (Cont'd)**

Soft Baked Double Chocolate Brownie Cookies

## **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**

Coconut Almond 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**

Peanut Butter Zigzag  
Coconut Milk Cookie Dough  
Coconut Almond Minis

## **Nutritional Supplements**

### **Rainbow Light**

Multi-Vitamin Mens  
Prenatal Multi Vitamin  
Organic Womens Multi Vitamin

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce