

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fort Apache 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
- 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

- 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, Non Dairy Ranch
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- 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 Chocolate Chip Cookies
- Soft Baked Double Chocolate Brownie 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

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

So Delicious

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

So Delicious (Cont'd)
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
Chocolate Wheat Free/Gluten Free Cake Mix

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

Nutritional Supplements

Nature's Way Alive!
Alive Cap
Alive w/o Fe added Cap

Rainbow Light
Mintasure 75
Food Based Calcium
Counter Attack 30
Active Senior Multivitamin 90
Prenatal One Multivitamin 30
Men'S One Multivitamin 30
Prenatal One Multivitamin 90
Magnesium Calcium "+" 90
Men'S One Multivitamin 90
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Counter Attack 90
Super C 1000 60

Vibrant Health
Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille
Original BBQ Sauce

Organicville
Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Ener-G Foods (Cont'd)
Brown Rice Loaf
Tapioca Loaf

Baking Needs

Arrowhead Mills
Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen
Chocolate Wheat Free/Gluten Free Cake Mix
Pancake and Baking Wheat Free/Gluten Free 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 Yeast Free
Tapioca Loaf
Brown Rice Loaf

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, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, Non Dairy Ranch
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, French
Organic Dressing, Herbs de Provence Vinaigrette

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
Soft Baked Double Chocolate Brownie Cookies

Glutino
Apple Breakfast Bars

Glutino (Cont'd)

Blueberry 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

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Desserts**So Delicious**

Peanut Butter Zigzag

Entrees and Mixes**Arrowhead Mills**

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Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Frozen Foods**Ian's Natural Foods**

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough

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So Delicious

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Chocolate Covered Vanilla Coconut Minis

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Super C 1000 60

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Active Senior Multivitamin 90

Mintasure 75

Counter Attack 90

Women'S One Multivitamin 90

Prenatal One Multivitamin 30

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Magnesium Calcium "+" 90

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Joint Vibrance Powder

Sauces/Salsas/Dips**OrganicVille**

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Organic Tangy BBQ Sauce

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Tapioca Loaf

Baking Needs**Arrowhead Mills**

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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

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Condiments**OrganicVille**

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Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

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Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce