

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Glendale 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.

### Baking Needs

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Vanilla Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

#### Ener-G Foods

Egg Replacer

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### 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 Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Herbs de Provence Vinaigrette

### Cookies and Snack Bars

#### Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie 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

Egg Replacer

#### Purely Decadent

Coconut Milk Mint Chip

#### So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

### Desserts

#### So Delicious

Peanut Butter Zigzag

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

Vanilla Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Frosting Mix

### Ethnic Foods

## **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

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

Fish Sticks, Allergen Free

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Chocolate Velvet

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

## **Nutritional Supplements**

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

Vitamin C

### **Rainbow Light**

Active Senior Multivitamin 90

Multi-Vitamin Mens

Energy B-Complex 45

Women'S One Multivitamin 150

Complete B-Complex 90

Vitamin D 1,000 Iu Gummies 100

Men'S One Multivitamin 30

Kid'S One Multistars 30

Prenatal Multi Vitamin

Men'S One Multivitamin 150

Gummy Power Sours 30

Prenatal One Multivitamin 90

Organic Womens Multi Vitamin

Counter Attack 90

Pain - Eze 30

Women'S Nutritional System 180

Active Health Teen Multivitamin 90

Food Based Calcium

Prenatal Petite Multivitamin 90

Counter Attack 30

Vitamin D 1,000 Iu Gummies 50

Men'S One Multivitamin 90

Prenatal One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Everyday Calcium With Enzymes 120

Magnesium Calcium "+" 90

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Mintasure 75

Gummy Omegalicious 30

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

## **Organicville**

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Organic Mild Salsa

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Vanilla Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Frosting Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Sticks

Pretzel Twists

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

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 Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Chocolate Frosting Mix

Vanilla Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

Fish Sticks, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Peanut Butter Zigzag

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Organic Creamy Vanilla

## **Nutritional Supplements**

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

Vitamin C

### **Rainbow Light**

Pain - Eze 30

Vitamin D 1,000 Iu Gummies 50

Complete B-Complex 90

Magnesium Calcium "+" 90

Men'S One Multivitamin 90

Prenatal One Multivitamin 90

Everyday Calcium With Enzymes 120

Prenatal One Multivitamin 30

Prenatal Petite Multivitamin 90

Food Based Calcium

Counter Attack 90

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Women'S One Multivitamin 150

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

Multi-Vitamin Mens

Men'S One Multivitamin 150

Women'S One Multivitamin 90

Prenatal Multi Vitamin

Gummy Omegalicious 30

Mintasure 75

Active Senior Multivitamin 90

Women'S Nutritional System 180

Active Health Teen Multivitamin 90

Organic Womens Multi Vitamin

Counter Attack 30

Kid'S One Multistars 30

Energy B-Complex 45

Gummy Power Sours 30

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Mild Salsa

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal

## **Condiments**

### **Organicville**

Original BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

Soft Baked Gingerbread Spice Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### **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 Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

**Desserts****So Delicious**

Peanut Butter Zigzag

**Entrees and Mixes****Arrowhead Mills**

Gluten Free Fudge Brownie Mix

**Frozen Foods****Purely Decadent**

Coconut Milk Mint Chip

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**Nutritional Supplements****Rainbow Light**

Multi-Vitamin Mens

Prenatal Multi Vitamin

Organic Womens Multi Vitamin

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce