

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Henderson 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
- Pancake and Baking Wheat Free/Gluten Free Mix
- Chocolate Frosting Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Sugar Cookie Mix
- Gluten Free/Wheat Free Yellow Cake 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 w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk 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, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Tangy BBQ Sauce
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### Cookies and Snack Bars

#### Enjoy Life

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

#### Enjoy Life Foods

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

Coconut Almond Minis

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

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Sugar Cookie Mix

Gluten Free/Wheat Free Yellow Cake 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

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Almond Minis

## **Nutritional Supplements**

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

Alive Cap

### **Rainbow Light**

Kid'S One Multistars 30

Mintasure 75

Men'S One Multivitamin 150

Complete B-Complex 90

Performance Energy Multivitamin 90

Energy B-Complex 45

Men'S One Multivitamin 30

Prenatal One Multivitamin 30

Prenatal One Multivitamin 90

Prenatal One Multivitamin 150

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Counter Attack 90

Food Based Calcium

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

Magnesium Calcium "+" 180

Super C 1000 60

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Kid'S One Multistars 90

Active Health Teen Multivitamin 90

Men'S One Multivitamin 90

Prenatal Petite Multivitamin 90

Magnesium Calcium "+" 90

Active Senior Multivitamin 90

Women'S One Multivitamin 90

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

## **Baked Goods**

### **Ener-G Foods**

Tapioca Loaf

Brown Rice 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

Sugar Cookie Mix

Chocolate Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **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 Dairy-Free Rice Milk Chocolate Bar

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

- Coconut Milk Mint Chip

### **So Delicious**

- Organic Chocolate Velvet
- 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**

- Chocolate Wheat Free/Gluten Free Cake Mix
- Vanilla Frosting Mix
- Sugar Cookie Mix
- Chocolate Frosting Mix
- Gluten Free/Wheat Free Yellow Cake Mix

### **Cherrybrook Kitchen (Cont'd)**

- 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

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

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

- Alive Cap

### **Rainbow Light**

- Men'S One Multivitamin 30
- Complete B-Complex 90
- Women'S One Multivitamin 90
- Kid'S One Multistars 90
- Magnesium Calcium "+" 90
- Prenatal Petite Multivitamin 90
- Women'S One Multivitamin 150
- Men'S One Multivitamin 90
- Prenatal One Multivitamin 90
- Super C 1000 60
- Performance Energy Multivitamin 90
- Active Health Teen Multivitamin 90
- Mintasure 75
- Nutristart Multivitamin Powder 30
- Active Senior Multivitamin 90
- Prenatal One Multivitamin 150
- Energy B-Complex 45
- Men'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 100
- Kid'S One Multistars 30
- Counter Attack 90
- Women'S One Multivitamin 30
- Magnesium Calcium "+" 180
- Prenatal One Multivitamin 30
- Food Based Calcium

### **Vibrant Health**

- Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

## **Organicville (Cont'd)**

- 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

### **Cherrybrook Kitchen**

- Sugar Cookie 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 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

## **Condiments**

### **OrganicVille**

- Original BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

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

### **Enjoy Life Foods**

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

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

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

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### **Cherrybrook Kitchen**

- Sugar Cookie Mix

## **Frozen Foods**

### **Purely Decadent**

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### **So Delicious**

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

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce