

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Hillcrest 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

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

### Ener-G Foods

Egg Replacer

### Enjoy Life Foods

Mini Chips

## Candy and Chocolate

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## Chips/Pretzels/Snacks

### Glutino

Pretzel Sticks

Pretzel Twists

## Condiments

### OrganicVille

Original BBQ Sauce

### Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Herbs de Provence Vinaigrette

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger 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 Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

## Glutino

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 Creamy Vanilla

Organic Chocolate Velvet

## 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 Wheat Free/Gluten Free Cake Mix

## Ethnic Foods

## **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Gummy Power Sours 30  
Nutristart Multivitamin Powder 30  
Women'S One Multivitamin 150  
Prenatal One Multivitamin 150  
Women'S One Multivitamin 90  
Food Based Calcium  
Super C 1000 60  
Active Senior Multivitamin 90  
Prenatal One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Counter Attack 30  
Kid'S One Multistars 30  
Men'S One Multivitamin 150  
Men'S One Multivitamin 30  
Counter Attack 90  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 30  
Gummy Omegalicious 30  
Prenatal Petite Multivitamin 90  
Active Health Teen Multivitamin 90  
Everyday Calcium With Enzymes 120  
Complete B-Complex 90  
Men'S One Multivitamin 90

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki  
Organic Tangy BBQ Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

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

Gluten Free/Wheat Free Yellow Cake Mix  
Chocolate Wheat Free/Gluten Free Cake Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar  
Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists  
Pretzel Sticks

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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

## **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**

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  
Organic Creamy Vanilla  
Organic Chocolate Velvet  
Chocolate Covered Vanilla Coconut Minis

## **Desserts**

### **So Delicious**

### **So Delicious (Cont'd)**

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

### **Ethnic Foods**

#### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

### **Frozen Foods**

#### **Purely Decadent**

Coconut Milk Mint Chip

#### **So Delicious**

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

Coconut Almond Minis

### **Nutritional Supplements**

#### **Rainbow Light**

Prenatal One Multivitamin 30

Kid'S One Multistars 30

Gummy Power Sours 30

Nutristart Multivitamin Powder 30

Men'S One Multivitamin 30

Counter Attack 30

Counter Attack 90

Active Senior Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Everyday Calcium With Enzymes 120

Super C 1000 60

Complete B-Complex 90

Men'S One Multivitamin 90

Food Based Calcium

Active Health Teen Multivitamin 90

Women'S One Multivitamin 90

Gummy Omegalicious 30

Prenatal One Multivitamin 90

Men'S One Multivitamin 150

Women'S One Multivitamin 150

Prenatal One Multivitamin 150

Women'S One Multivitamin 30

#### **Vibrant Health**

Joint Vibrance Powder

### **Sauces/Salsas/Dips**

#### **Organicville**

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

Original BBQ Sauce

#### **Organicville**

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Organic Island Teriyaki

### **Baking Needs**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

#### **Ener-G Foods**

Egg Replacer

#### **Enjoy Life Foods**

Mini Chips

### **Candy and Chocolate**

#### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

### **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

Soft Baked Double Chocolate Brownie Cookies

#### **Glutino**

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 Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Organic Chocolate Velvet

### **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**

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

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

Original BBQ Sauce