

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Hollywood 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

- Chocolate Frosting Mix
- Pancake and Baking Wheat Free/Gluten Free Mix

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- Egg Replacer

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Brown Rice Loaf Yeast Free
- Tapioca Loaf
- Brown Rice Loaf

### Candy and Chocolate

#### Enjoy Life

- 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

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

- Organic Dressing, Non Dairy Ranch
- Organic Dressing, French
- Organic Ketchup
- Organic Tangy BBQ Sauce
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Herbs de Provence Vinaigrette
- 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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- 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

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

#### So Delicious

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

- Organic Creamy Vanilla
- Coconut Almond Minis
- Organic Chocolate Velvet
- Chocolate Covered Vanilla Coconut 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
- Chocolate Frosting Mix

### **Ethnic Foods**

#### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

### **Frozen Foods**

#### **Purely Decadent**

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

#### **So Delicious**

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

### **Nutritional Supplements**

#### **Rainbow Light**

- Prenatal Petite Multivitamin 90
- Men'S One Multivitamin 30
- Food Based Calcium
- Counter Attack 90
- Food Based Calcium
- Women'S One Multivitamin 90
- Kid'S One Multistars 30
- Gummy Power Sours 30
- Women'S One Multivitamin 30
- Active Senior Multivitamin 90
- Prenatal One Multivitamin 30
- Mintasure 75
- Gummy Omegalicious 30
- Pain - Eze 30
- Counter Attack 30
- Prenatal One Multivitamin 90
- Kid'S One Multistars 90
- Men'S One Multivitamin 150
- Women'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 100
- Men'S One Multivitamin 90

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

- Prenatal One Multivitamin 150

### **Vibrant Health**

- Joint Vibrance Powder
- Dumontiaceae Red Algae

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

#### **Organicville**

- Original BBQ Sauce

#### **Organicville**

- Organic Island Teriyaki
- Organic Mild Salsa
- Organic Tangy BBQ Sauce
- 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 Frosting Mix

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

- Brown Rice Loaf Yeast Free
- Egg Replacer

#### **Enjoy Life Foods**

- Mini Chips

#### **Hain**

- Baking Powder

### **Bread**

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

- Tapioca Loaf
- Brown Rice Loaf Yeast Free
- Brown Rice Loaf

### **Candy and Chocolate**

#### **Enjoy Life**

- 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

### **Condiments**

#### **Organicville**

- Original BBQ Sauce

#### **Organicville**

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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

- Organic Tangy BBQ Sauce
- Organic Ketchup
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

## **Cookies and Snack Bars**

### **Enjoy Life**

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

### **Enjoy Life Foods**

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Chocolate Chip Cookies
- 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 Cookie Dough
- Coconut Milk Mint Chip

### **So Delicious**

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

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

- Chocolate Frosting Mix
- Pancake and Baking Wheat Free/Gluten Free Mix

## **Ethnic Foods**

### **Organicville**

- Organic Sesame Teriyaki
- Organic Island Teriyaki

## **Frozen Foods**

### **Purely Decadent**

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

### **So Delicious**

- Coconut Milk Cookie Dough
- Organic Creamy Vanilla

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

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

## **Nutritional Supplements**

### **Rainbow Light**

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### **Vibrant Health**

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## **Sauces/Salsas/Dips**

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### **Organicville**

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- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce
- Organic Mild Salsa

## **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 Dairy-Free Rice Milk 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 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

**So Delicious**

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

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

**So Delicious (Cont'd)**

Coconut Milk Cookie Dough

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

Original BBQ Sauce