

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Huntington Beach 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

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free 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

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark 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

OrganicVille (Cont'd)

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

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

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

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

Coconut Almond Minis

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Organic Chocolate Velvet

Nutritional Supplements

Nature's Way Alive!

Alive w/o Fe added Cap

Alive Cap

Vitamin C

Rainbow Light

Vitamin D 1,000 Iu Gummies 50

Organic Womens Multi Vitamin

Super C 1000 60

Pain - Eze 30

Gummy Power Sours 30

Prenatal One Multivitamin 90

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Women'S One Multivitamin 90

Mintasure 75

Complete B-Complex 90

Everyday Calcium With Enzymes 120

Kid'S One Multistars 30

Kid'S One Multistars 90

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Multi-Vitamin Mens

Magnesium Calcium "+" 90

Men'S One Multivitamin 150

Prenatal Multi Vitamin

Vitamin D 400 Iu Gummies 60

Vitamin D 1,000 Iu Gummies 100

Energy B-Complex 45

Magnesium Calcium "+" 180

Counter Attack 90

Rainbow Light (Cont'd)

Just Once Multivitamin 30

Performance Energy Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free 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

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark 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, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organicville (Cont'd)

- Organic Ketchup
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco 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

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

Entrees and Mixes

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

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

- Coconut Almond Minis
- Organic Creamy Vanilla
- Coconut Milk Cookie Dough
- Organic Chocolate Velvet

Nutritional Supplements

Nature's Way Alive!

- Alive w/o Fe added Cap
- Alive Cap
- Vitamin C

Rainbow Light

- Vitamin D 1,000 Iu Gummies 50
- Magnesium Calcium "+" 90
- Energy B-Complex 45
- Women'S One Multivitamin 90
- Kid'S One Multistars 90
- Complete B-Complex 90
- Gummy Power Sours 30
- Vitamin D 400 Iu Gummies 60
- Prenatal Multi Vitamin
- Women'S One Multivitamin 90
- Kid'S One Multistars 30
- Magnesium Calcium "+" 180
- Everyday Calcium With Enzymes 120
- Prenatal Petite Multivitamin 90
- Multi-Vitamin Mens
- Performance Energy Multivitamin 90
- Pain - Eze 30
- Organic Womens Multi Vitamin
- Men'S One Multivitamin 30
- Just Once Multivitamin 30
- Prenatal One Multivitamin 90
- Super C 1000 60
- Mintasure 75
- Vitamin D 1,000 Iu Gummies 100
- Counter Attack 90
- Active Health Teen Multivitamin 90
- Men'S One Multivitamin 150

Vibrant Health

- Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

- Original BBQ Sauce

Organicville

- Organic Tangy BBQ Sauce
- Organic Island Teriyaki
- Organic Sesame Teriyaki

Baked Goods

Ener-G Foods

- Tapioca 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

Candy and Chocolate

Enjoy Life

Enjoy Life (Cont'd)

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

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

Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Ener-G Foods**

Egg Replacer

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Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin

Multi-Vitamin Mens

Organic Womens Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce