Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING YOUR CHOICES | WHOLE FOODS MARKET

Laguna 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
- Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen
- Vanilla Frosting Mix
- Chocolate Frosting Mix
- Gluten Free/Wheat FreeYellow Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Chocolate Wheat Free/Gluten Free Cake Mix

Ener-G Foods
- Egg Replacer

Enjoy Life Foods
- Mini Chips

Hain
- Baking Powder

Bread

Ener-G Foods
- Brown Rice Loaf

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 Sticks
- Pretzel Twists

Condiments

OrganicVille
- Original BBQ Sauce

Organicville
- Organic Dressing, Miso Ginger Vinaigrette

Organicville (Cont'd)
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Ketchup

Cookies and Snack Bars

Enjoy Life
- Gluten Free Cocoa Loco Snack Bar
- Glteun 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
- Soft Baked Gingerbread Spice Cookies

Glutino
- Apple Breakfast Bars
- Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods
- Egg Replacer

So Delicious
- Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen
- Chocolate Wheat Free/Gluten Free Cake Mix
- Gluten Free/Wheat FreeYellow Cake Mix
- Pancake and Baking Wheat Free/Gluten Free Mix
- Chocolate Frosting Mix
- Vanilla Frosting Mix

Ethnic Foods

Organicville
- Organic Sesame Teriyaki

Frozen Foods

So Delicious
Coconut Almond Minis

Nutritional Supplements

Rainbow Light
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Magnesium Calcium "+" 90
Prenatal Multi Vitamin
Vitamin D 1,000 Iu Gummies 50
Complete B-Complex 90
Pain - Eze 30
Active Senior Multivitamin 90
Prenatal Petite Multivitamin 90
Kid'S One Multistars 90
Kid'S One Multistars 30
Vitamin D 400 Iu Gummies 60
Multi-Vitamin Mens
Counter Attack 30
Gummy Omegalicious 30
Counter Attack 90
Men'S One Multivitamin 90
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Gummy Power Sours 30

Vibrant Health
Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille
Original BBQ Sauce

Organicville
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

Baked Goods

Ener-G Foods
Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen
Pancake and Baking Wheat Free/Gluten Free Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Vanilla Frosting Mix
Chocolate Frosting Mix
Gluten Free/Wheat FreeYellow Cake Mix

Ener-G Foods
Egg Replacer

Enjoy Life Foods
Mini Chips

Hain
Baking Powder

Bread

Ener-G Foods
Brown Rice Loaf

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 Twists
Pretzel Sticks

Condiments

OrganicVille
Original BBQ Sauce

Organicville
Organic Ketchup
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, Miso Ginger Vinaigrette

Cookies and Snack Bars

Enjoy Life
Gluten Free Cocoa Loco Snack Bar
Glteun Free Caramel Apple Snack Bar

Enjoy Life Foods
Soft Baked Gingerbread Spice Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino
Apple Breakfast Bars
Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods
Egg Replacer

So Delicious
Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen
Chocolate Frosting Mix
Vanilla Frosting Mix
Gluten Free/Wheat FreeYellow Cake Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville
Organic Sesame Teriyaki

Frozen Foods

So Delicious
Coconut Almond Minis

Nutritional Supplements

Rainbow Light
Complete B-Complex 90

Rainbow Light (Cont'd)
- Men'S One Multivitamin 30
- Counter Attack 90
- Multi-Vitamin Mens
- Active Senior Multivitamin 90
- Prenatal One Multivitamin 150
- Counter Attack 30
- Prenatal Multi Vitamin
- Kid'S One Multistars 90
- Gummy Power Sours 30
- Kid'S One Multistars 30
- Women'S One Multivitamin 30
- Vitamin D 400 Iu Gummies 60
- Pain - Eze 30
- Prenatal Petite Multivitamin 90
- Prenatal One Multivitamin 30
- Magnesium Calcium "+" 90
- Women'S One Multivitamin 90
- Men'S One Multivitamin 90
- Vitamin D 1,000 Iu Gummies 50
- Active Health Teen Multivitamin 90
- Gummy Omegalicious 30

Vibrant Health
- Joint Vibrance Powder
- Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille
- Original BBQ Sauce

Organicville
- Organic Tangy BBQ Sauce
- Organic Sesame Teriyaki

Baked Goods

Ener-G Foods
- Brown Rice Loaf

Baking Needs

Ener-G Foods
- Egg Replacer

Enjoy Life Foods
- Mini Chips

Bread

Ener-G Foods
- Brown Rice Loaf

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
- Glteun Free Caramel Apple Snack Bar

Enjoy Life (Cont'd)
- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods
- Soft Baked Gingerbread Spice Cookies
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino
- Apple Breakfast Bars
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So Delicious
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Nutritional Supplements

Rainbow Light
- Multi-Vitamin Mens
- Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille
- Original BBQ Sauce