

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



La Jolla 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

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Vanilla Frosting Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

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 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

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond 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

Gluten Free/Wheat Free Yellow Cake Mix

Cherrybrook Kitchen (Cont'd)

Chocolate Frosting 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

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Nutritional Supplements**Nature's Way Alive!**

Alive Cap

Alive w/o Fe added Cap

Rainbow Light

Nutristart Multivitamin Powder 30

Women'S One Multivitamin 150

Women'S One Multivitamin 30

Kid'S One Multistars 30

Vitamin D 1,000 Iu Gummies 50

Counter Attack 90

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Food Based Calcium

Counter Attack 30

Prenatal Petite Multivitamin 180

Energy B-Complex 45

Mintasure 75

Everyday Calcium With Enzymes 120

Pain - Eze 30

Men'S One Multivitamin 30

Active Health Teen Multivitamin 90

Prenatal Petite Multivitamin 90

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 30

Men'S One Multivitamin 90

Active Senior Multivitamin 90

Women'S One Multivitamin 90

Men'S One Multivitamin 150

Gummy Power Sours 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips**Organicville**

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

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Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Vanilla Frosting Mix

Chocolate Frosting 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

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks**Glutino**

Pretzel Sticks

Pretzel Twists

Condiments**Organicville**

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

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

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So Delicious

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Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

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Everyday Calcium With Enzymes 120

Men'S One Multivitamin 150

Nutristart Multivitamin Powder 30

Kid'S One Multistars 90

Energy B-Complex 45

Vitamin D 400 Iu Gummies 60

Counter Attack 90

Women'S One Multivitamin 150

Active Senior Multivitamin 90

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 50

Kid'S One Multistars 30

Active Health Teen Multivitamin 90

Mintasure 75

Prenatal Petite Multivitamin 90

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 30

Women'S One Multivitamin 90

Men'S One Multivitamin 90

Gummy Power Sours 30

Food Based Calcium

Women'S One Multivitamin 30

Counter Attack 30

Pain - Eze 30

Prenatal One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

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Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

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Arrowhead Mills

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Condiments

Organicville

Original BBQ Sauce

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Gluten Free Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

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Organic Creamy Vanilla

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Desserts**So Delicious**

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Entrees and Mixes**Arrowhead Mills**

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Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Coconut Almond Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce