

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Long 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.

### 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

### 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, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Tangy 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

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

Purely Decadent Cookie Dough

#### 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

Gluten Free/Wheat Free Yellow Cake Mix

**Cherrybrook Kitchen (Cont'd)**

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****Ian's Natural Foods**

Chicken Nuggets, Allergen Free

**Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

**So Delicious**

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

**Nutritional Supplements****Rainbow Light**

Gummy Omegalicious 30  
Prenatal Petite Multivitamin 90  
Active Health Teen Multivitamin 90  
Counter Attack 90  
Kid'S One Multistars 90  
Men'S One Multivitamin 90  
Multi-Vitamin Mens  
Magnesium Calcium "+" 180  
Pain - Eze 30  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Men'S One Multivitamin 150  
Kid'S One Multistars 30  
Prenatal One Multivitamin 30  
Everyday Calcium With Enzymes 120  
Prenatal Multi Vitamin  
Performance Energy Multivitamin 90  
Food Based Calcium  
Prenatal One Multivitamin 90  
Food Based Calcium  
Magnesium Calcium "+" 90  
Men'S One Multivitamin 30  
Counter Attack 30

**Vibrant Health**

Joint Vibrance Powder  
Dumontiaceae Red Algae

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

Original BBQ Sauce

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

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

**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 Wheat Free/Gluten Free 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

**Cereal****Arrowhead Mills**

Organic Rice & Shine Hot Cereal

**Chips/Pretzels/Snacks****Glutino**

Pretzel Twists  
Pretzel Sticks

**Condiments****OrganicVille**

Original BBQ Sauce

**Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Ketchup  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Olive Oil & Balsamic 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 Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

**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

Purely Decadent Cookie Dough

### **So Delicious**

Organic Chocolate Velvet

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **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

## **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

Purely Decadent Cookie Dough

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Coconut Almond Minis

## **Nutritional Supplements**

### **Rainbow Light**

Men'S One Multivitamin 150

Food Based Calcium

Women'S One Multivitamin 90

Men'S One Multivitamin 30

Magnesium Calcium "+" 180

Pain - Eze 30

Counter Attack 90

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 30

Magnesium Calcium "+" 90

Women'S One Multivitamin 30

Prenatal One Multivitamin 90

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

Kid'S One Multistars 90

Everyday Calcium With Enzymes 120

Active Health Teen Multivitamin 90

Prenatal Multi Vitamin

Kid'S One Multistars 30

Men'S One Multivitamin 90

Counter Attack 30

Multi-Vitamin Mens

Food Based Calcium

Performance Energy Multivitamin 90

Gummy Omegalicious 30

### **Vibrant Health**

Dumontiaceae Red Algae

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki

Organic Island Teriyaki

Organic Mild Salsa

Organic Tangy BBQ Sauce

## **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

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal

## **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 Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### **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 Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

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

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Peanut Butter Zigzag

Organic Chocolate Velvet

**Nutritional Supplements****Rainbow Light**

Multi-Vitamin Mens

Prenatal Multi Vitamin

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

Original BBQ Sauce