

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Laguna Niguel 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

- Pancake and Baking Wheat Free/Gluten Free Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Sugar Cookie Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Vanilla Frosting Mix
- Chocolate Frosting Mix

Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

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

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
- Pretzel Twists

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

Cookies and Snack Bars

Enjoy Life

- Gleun 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

- Apple Breakfast Bars
- Blueberry Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

Purely Decadent (Cont'd)

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Cherrybrook Kitchen

Vanilla Frosting Mix
Pancake and Baking Wheat Free/Gluten Free Mix
Gluten Free/Wheat Free Yellow Cake Mix
Sugar Cookie Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Chocolate Frosting Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free
Fish Sticks, Allergen Free

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Rainbow Light

Active Health Teen Multivitamin 90
Energy B-Complex 45
Men'S One Multivitamin 30
Prenatal One Multivitamin 30
Men'S One Multivitamin 150
Food Based Calcium
Prenatal Petite Multivitamin 180
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Performance Energy Multivitamin 90
Men'S One Multivitamin 90
Magnesium Calcium "+" 180

Rainbow Light (Cont'd)

Counter Attack 90
Vitamin D 1,000 Iu Gummies 50
Magnesium Calcium "+" 90
Prenatal One Multivitamin 150
Gummy Omegalicious 30
Mintasure 75
Multi-Vitamin Mens
Kid'S One Multistars 30
Nutristart Multivitamin Powder 30
Prenatal Multi Vitamin
Women'S One Multivitamin 90
Women'S One Multivitamin 150
Organic Womens Multi Vitamin
Vitamin D 400 Iu Gummies 60
Pain - Eze 30
Women'S One Multivitamin 30
Counter Attack 30
Gummy Power Sours 30
Everyday Calcium With Enzymes 120
Prenatal Petite Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce
Organic Island 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
Gluten Free/Wheat Free Yellow Cake Mix
Vanilla Frosting Mix
Chocolate Frosting Mix
Sugar Cookie Mix
Chocolate Wheat Free/Gluten Free Cake Mix

Ener-G Foods

Egg Replacer
Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Ener-G Foods (Cont'd)

Brown Rice Loaf
Brown Rice Loaf Yeast Free
Tapioca 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 Twists
Pretzel Sticks

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Ketchup
Organic Dressing, French
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Herbs de Provence Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, Miso Ginger 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 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

Organic Chocolate Velvet
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

Sugar Cookie Mix
Chocolate Frosting Mix
Pancake and Baking Wheat Free/Gluten Free Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Gluten Free/Wheat Free Yellow Cake Mix
Vanilla Frosting Mix

Ethnic Foods

Organicville

Organic Island Teriyaki
Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free
Fish Sticks, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Rainbow Light

Vitamin D 1,000 Iu Gummies 50
Prenatal Petite Multivitamin 180
Active Health Teen Multivitamin 90
Everyday Calcium With Enzymes 120
Mintasure 75
Kid'S One Multistars 30
Gummy Power Sours 30
Food Based Calcium
Magnesium Calcium "+" 180
Men'S One Multivitamin 30
Prenatal Multi Vitamin
Performance Energy Multivitamin 90
Women'S One Multivitamin 90
Men'S One Multivitamin 90
Pain - Eze 30
Women'S One Multivitamin 150
Prenatal One Multivitamin 30
Men'S One Multivitamin 150
Counter Attack 30
Energy B-Complex 45

Rainbow Light (Cont'd)

Prenatal One Multivitamin 90
Organic Womens Multi Vitamin
Prenatal Petite Multivitamin 90
Kid'S One Multistars 90
Prenatal One Multivitamin 150
Gummy Omegalicious 30
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 30
Magnesium Calcium "+" 90
Vitamin D 400 Iu Gummies 60
Counter Attack 90
Multi-Vitamin Mens

Vibrant Health

Joint Vibrance Powder
Dumontiaceae Red Algae

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
Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Sugar Cookie 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 Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk 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 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

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Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
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

Sugar Cookie Mix

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Coconut Milk Mint Chip

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Nutritional Supplements

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Multi-Vitamin Mens
Organic Womens Multi Vitamin
Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce