

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Las Vegas Blvd 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

- Vanilla Frosting Mix
- Chocolate Frosting 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

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

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

- Pretzel Sticks

Glutino (Cont'd)

- Pretzel Twists

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

Cookies and Snack Bars

Enjoy Life

- Gleuten 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

Purely Decadent (Cont'd)

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Vanilla Frosting Mix

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Alive w/o Fe added Cap

Rainbow Light

Vitamin D 1,000 Iu Gummies 50

Prenatal Petite Multivitamin 90

Organic Womens Multi Vitamin

Women'S One Multivitamin 90

Mintasure 75

Pain - Eze 30

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Kid'S One Multistars 90

Prenatal One Multivitamin 30

Complete B-Complex 90

Food Based Calcium

Counter Attack 30

Counter Attack 90

Rainbow Light (Cont'd)

Women'S One Multivitamin 150

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Vitamin D 1,000 Iu Gummies 100

Gummy Omegalicious 30

Prenatal Multi Vitamin

Nutristart Multivitamin Powder 30

Energy B-Complex 45

Men'S One Multivitamin 30

Performance Energy Multivitamin 90

Multi-Vitamin Mens

Magnesium Calcium "+" 90

Kid'S One Multistars 30

Vibrant Health

Joint Vibrance Powder

Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf

Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Vanilla Frosting Mix

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Brown Rice Loaf Yeast Free

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf Yeast Free

Tapioca Loaf

Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Cereal

Arrowhead Mills

Arrowhead Mills (Cont'd)

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

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

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
Purely Decadent Cookie Dough

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Frosting Mix
Pancake and Baking Wheat Free/Gluten Free Mix

Cherrybrook Kitchen (Cont'd)

Vanilla Frosting Mix

Ethnic Foods

Organicville

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
Coconut Almond Minis
Organic Chocolate Velvet

Nutritional Supplements

Nature's Way Alive!

Alive w/o Fe added Cap
Alive Cap

Rainbow Light

Prenatal One Multivitamin 30
Prenatal Petite Multivitamin 90
Mintasure 75
Food Based Calcium
Women'S One Multivitamin 90
Multi-Vitamin Mens
Pain - Eze 30
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Men'S One Multivitamin 90
Magnesium Calcium "+" 90
Organic Womens Multi Vitamin
Counter Attack 30
Men'S One Multivitamin 150
Energy B-Complex 45
Complete B-Complex 90
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 150
Gummy Omegalicious 30
Counter Attack 90
Kid'S One Multistars 90
Kid'S One Multistars 30
Women'S One Multivitamin 30
Performance Energy Multivitamin 90
Women'S One Multivitamin 150
Prenatal Multi Vitamin

Vibrant Health

Joint Vibrance Powder
Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

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

Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

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 Chocolate Chip Cookies

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

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut 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

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Peanut Butter Zigzag

Coconut Almond Minis

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Multi-Vitamin Mens

Organic Womens Multi Vitamin

Prenatal Multi Vitamin

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce