

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Maui Mall Maui 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

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

#### Ener-G Foods

Egg Replacer

#### Enjoy Life Foods

Mini Chips

### 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

### Chips/Pretzels/Snacks

#### Glutino

Pretzel Sticks

Pretzel Twists

### Condiments

#### OrganicVille

Original BBQ Sauce

#### Organicville

Organic Dressing, Non Dairy Ranch

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### Cookies and Snack Bars

#### Enjoy Life

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

### 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

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

### 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

Coconut Almond Minis

### Nutritional Supplements

## Rainbow Light

Counter Attack 90  
Super C 1000 60  
Kid'S One Multistars 30  
Active Senior Multivitamin 90  
Pain - Eze 30  
Magnesium Calcium "+" 90  
Men'S One Multivitamin 90  
Performance Energy Multivitamin 90  
Complete B-Complex 90  
Mintasure 75  
Men'S One Multivitamin 150  
Women'S One Multivitamin 90  
Energy B-Complex 45  
Everyday Calcium With Enzymes 120  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 30  
Prenatal Petite Multivitamin 90  
Men'S One Multivitamin 30  
Food Based Calcium  
Active Health Teen Multivitamin 90  
Kid'S One Multistars 90  
Prenatal One Multivitamin 90  
Prenatal One Multivitamin 30  
Counter Attack 30  
Magnesium Calcium "+" 180

## Vibrant Health

Joint Vibrance Powder

## Sauces/Salsas/Dips

### OrganicVille

Original BBQ Sauce

### Organicville

Organic Tangy BBQ Sauce

## Baking Needs

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix  
Pancake and Baking Wheat Free/Gluten Free 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 Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar  
Boom Choco Boom Dark Chocolate Bar

## Chips/Pretzels/Snacks

### Glutino

Pretzel Sticks  
Pretzel Twists

## Condiments

### OrganicVille

Original BBQ Sauce

### Organicville

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

## Cookies and Snack Bars

### Enjoy Life

Gluten Free Cocoa Loco Snack Bar

### Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Chocolate Chip Cookies  
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

### Glutino

Blueberry Breakfast Bars  
Apple Breakfast Bars

## Dairy Alternatives

### Ener-G Foods

Egg Replacer

### Purely Decadent

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

### So Delicious

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Cherrybrook Kitchen

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

## Frozen Foods

### Ian's Natural Foods

Chicken Nuggets, Allergen Free

### Purely Decadent

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

### So Delicious

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## Nutritional Supplements

### Rainbow Light

Active Health Teen Multivitamin 90  
Kid'S One Multistars 90  
Mintasure 75  
Prenatal Petite Multivitamin 90  
Prenatal One Multivitamin 90

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

Men'S One Multivitamin 30  
Food Based Calcium  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Counter Attack 90  
Magnesium Calcium "+" 180  
Prenatal One Multivitamin 30  
Men'S One Multivitamin 90  
Everyday Calcium With Enzymes 120  
Magnesium Calcium "+" 90  
Energy B-Complex 45  
Pain - Eze 30  
Complete B-Complex 90  
Counter Attack 30  
Performance Energy Multivitamin 90  
Active Senior Multivitamin 90  
Kid'S One Multistars 30  
Men'S One Multivitamin 150  
Super C 1000 60  
Vitamin D 1,000 Iu Gummies 50

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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 w/ Crispy Rice  
Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

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**

Apple Breakfast Bars

Blueberry Breakfast Bars

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

## **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

Coconut Almond Minis

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce