

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Newport 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

Chocolate Frosting Mix

Vanilla Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

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 Ketchup

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

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

Blueberry Breakfast Bars

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

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

Chocolate Frosting Mix

Vanilla Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free 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

Peanut Butter Zigzag
Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Counter Attack 30
Pain - Eze 30
Vitamin D 400 Iu Gummies 60
Counter Attack 90
Prenatal One Multivitamin 90
Gummy Omegalicious 30
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 30
Kid'S One Multistars 90
Active Health Teen Multivitamin 90
Performance Energy Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Prenatal Petite Multivitamin 180
Magnesium Calcium "+" 90
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Kid'S One Multistars 30
Prenatal One Multivitamin 30
Men'S One Multivitamin 90
Prenatal One Multivitamin 150
Food Based Calcium

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

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

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Double Chocolate Brownie Cookies

Glutino

Blueberry Breakfast Bars

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

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

Purely Decadent (Cont'd)

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Organic Chocolate Velvet

Nutritional Supplements

Rainbow Light

Active Health Teen Multivitamin 90

Counter Attack 90

Women'S One Multivitamin 90

Prenatal One Multivitamin 150

Prenatal One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Vitamin D 400 Iu Gummies 60

Kid'S One Multistars 90

Women'S One Multivitamin 30

Food Based Calcium

Men'S One Multivitamin 90

Men'S One Multivitamin 30

Prenatal One Multivitamin 90

Gummy Omegalicious 30

Vitamin D 1,000 Iu Gummies 100

Counter Attack 30

Performance Energy Multivitamin 90

Magnesium Calcium "+" 90

Pain - Eze 30

Prenatal Petite Multivitamin 180

Kid'S One Multistars 30

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Organic Sesame Teriyaki

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

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

Enjoy Life Foods (Cont'd)

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Glutino

Blueberry Breakfast Bars

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Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

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Desserts

So Delicious

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Entrees and Mixes

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Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Peanut Butter Zigzag

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce