

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Thousand Oaks 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

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

#### Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### 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 Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

### Chips/Pretzels/Snacks

#### Glutino

- Pretzel Twists
- Pretzel Sticks

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

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

### 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

#### 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

### **So Delicious (Cont'd)**

Coconut Almond Minis  
Organic Chocolate Velvet  
Organic Creamy Vanilla

### **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  
Pancake and Baking Wheat Free/Gluten Free Mix  
Gluten Free/Wheat Free Yellow 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

#### **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

#### **So Delicious**

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

### **Nutritional Supplements**

#### **Rainbow Light**

Men'S One Multivitamin 30  
Active Senior Multivitamin 90  
Mintasure 75  
Gummy Omegalicious 30  
Kid'S One Multistars 90  
Nutristart Multivitamin Powder 30  
Women'S One Multivitamin 150  
Men'S One Multivitamin 90  
Women'S One Multivitamin 30  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 90  
Prenatal One Multivitamin 30  
Counter Attack 90  
Counter Attack 30  
Men'S One Multivitamin 150  
Gummy Power Sours 30

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

Magnesium Calcium "+" 90  
Prenatal Petite Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Complete B-Complex 90  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium  
Women'S One Multivitamin 90  
Kid'S One Multistars 30  
Magnesium Calcium "+" 180  
Pain - Eze 30  
Active Health Teen Multivitamin 90  
Food Based Calcium  
Super C 1000 60

#### **Vibrant Health**

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**

Tapioca Loaf  
Brown Rice Loaf

### **Baking Needs**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

#### **Cherrybrook Kitchen**

Vanilla Frosting Mix  
Chocolate Frosting Mix  
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  
Brown Rice Loaf Yeast Free

#### **Enjoy Life Foods**

Mini Chips

#### **Hain**

Baking Powder

### **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

## **Chips/Pretzels/Snacks**

### **Glutino**

- Pretzel Twists
- Pretzel Sticks

## **Condiments**

### **OrganicVille**

- Original BBQ Sauce

### **Organicville**

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

## **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

### **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**

- 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**

- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Frosting Mix
- Chocolate Wheat Free/Gluten Free Cake Mix
- Vanilla Frosting 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
- Popcorn Turkey Corn Dogs

### **Purely Decadent**

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

- Gummy Power Sours 30
- Vitamin D 400 Iu Gummies 60
- Women'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 100
- Active Senior Multivitamin 90
- Men'S One Multivitamin 90
- Nutristart Multivitamin Powder 30
- Prenatal Petite Multivitamin 90
- Food Based Calcium
- Counter Attack 90
- Men'S One Multivitamin 30
- Prenatal One Multivitamin 150
- Mintasure 75
- Food Based Calcium
- Complete B-Complex 90
- Women'S One Multivitamin 30
- Pain - Eze 30
- Active Health Teen Multivitamin 90
- Women'S One Multivitamin 90
- Magnesium Calcium "+" 90
- Prenatal One Multivitamin 30
- Magnesium Calcium "+" 180
- Prenatal One Multivitamin 90
- Kid'S One Multistars 90
- Kid'S One Multistars 30
- Men'S One Multivitamin 150
- Counter Attack 30
- Super C 1000 60
- Gummy Omegalicious 30

### **Vibrant Health**

- Joint Vibrance Powder

## **Sauces/Salsas/Dips**

**OrganicVille**

Original BBQ Sauce

**Organicville**

Organic Island Teriyaki

Organic Tangy BBQ Sauce

Organic Sesame Teriyaki

**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 Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

**Condiments****OrganicVille**

Original BBQ Sauce

**Cookies and Snack Bars****Enjoy Life**

Gluten Free Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

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

Original BBQ Sauce