

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pasadena 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
- Chocolate Frosting Mix
- Vanilla 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

Hain

- Baking Powder

Bread

Ener-G Foods

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

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk 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, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Dressing, Non Dairy Ranch
- Organic Ketchup

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

- Soft Baked Gingerbread Spice Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- 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

- Coconut Milk Mint Chip

So Delicious

So Delicious (Cont'd)

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Vanilla Frosting Mix
Pancake and Baking Wheat Free/Gluten Free 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

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough
Coconut Almond Minis
Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Kid'S One Multistars 90
Organic Womens Multi Vitamin
Magnesium Calcium "+" 90
Magnesium Calcium "+" 180
Food Based Calcium
Women'S Nutritional System 180
Everyday Calcium With Enzymes 120
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 30
Active Senior Multivitamin 90
Mintasure 75
Prenatal One Multivitamin 150
Prenatal One Multivitamin 90
Super C 1000 60
Food Based Calcium
Vitamin D 400 Iu Gummies 60
Multi-Vitamin Mens
Prenatal Multi Vitamin
Prenatal One Multivitamin 30
Nutristart Multivitamin Powder 30
Gummy Power Sours 30
Performance Energy Multivitamin 90
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50

Rainbow Light (Cont'd)

Active Health Teen Multivitamin 90
Women'S One Multivitamin 150
Pain - Eze 30
Men'S One Multivitamin 150
Counter Attack 30
Counter Attack 90
Men'S One Multivitamin 30
Kid'S One Multistars 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Mild Salsa
Organic Medium Salsa
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

Pancake and Baking Wheat Free/Gluten Free Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Vanilla Frosting Mix
Chocolate Frosting 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
Brown Rice Loaf Yeast Free
Tapioca 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, Sundried Tomato & Garlic Vinaigrette

Organic Tangy BBQ Sauce

Organic Ketchup

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 Gingerbread Spice Cookies

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

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 Frosting Mix

Vanilla Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Ian's Natural Foods (Cont'd)

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Food Based Calcium

Magnesium Calcium "+" 180

Everyday Calcium With Enzymes 120

Vitamin D 1,000 Iu Gummies 50

Kid'S One Multistars 30

Pain - Eze 30

Women'S Nutritional System 180

Women'S One Multivitamin 90

Men'S One Multivitamin 150

Counter Attack 30

Counter Attack 90

Prenatal Multi Vitamin

Prenatal One Multivitamin 150

Multi-Vitamin Mens

Mintasure 75

Women'S One Multivitamin 150

Active Health Teen Multivitamin 90

Prenatal Petite Multivitamin 90

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Super C 1000 60

Performance Energy Multivitamin 90

Active Senior Multivitamin 90

Nutristart Multivitamin Powder 30

Organic Womens Multi Vitamin

Food Based Calcium

Prenatal One Multivitamin 30

Magnesium Calcium "+" 90

Men'S One Multivitamin 30

Women'S One Multivitamin 30

Gummy Power Sours 30

Vitamin D 400 Iu Gummies 60

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Mild Salsa

Organic Island Teriyaki

Organic Sesame Teriyaki

Organicville (Cont'd)
Organic Medium Salsa

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

Enjoy Life Foods
Soft Baked Chocolate Chip Cookies
Soft Baked Gingerbread Spice Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
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
Coconut Milk Mint Chip

So Delicious
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills
Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent
Coconut Milk Mint Chip

So Delicious
Organic Creamy Vanilla
Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light
Prenatal Multi Vitamin
Multi-Vitamin Mens
Organic Womens Multi Vitamin

Sauces/Salsas/Dips

OrganicVille
Original BBQ Sauce