

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pacific Coast Hwy 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 Frosting Mix
- Vanilla Frosting Mix
- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Wheat Free/Gluten Free Cake 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
- Brown Rice Loaf Yeast Free
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

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

Cookies and Snack Bars

Enjoy Life

- Gluten Free Caramel Apple Snack Bar
- 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

- Apple Breakfast Bars
- Blueberry Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Fish Sticks, Allergen Free
Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Alive Cap
Vitamin C
Alive w/o Fe added Cap

Rainbow Light

Men'S One Multivitamin 30
Kid'S One Multistars 30
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Everyday Calcium With Enzymes 120
Women'S One Multivitamin 150
Active Health Teen Multivitamin 90
Nutristart Multivitamin Powder 30
Vitamin D 1,000 Iu Gummies 50
Gummy Power Sours 30
Counter Attack 30

Rainbow Light (Cont'd)

Mintasure 75
Men'S One Multivitamin 150
Food Based Calcium
Kid'S One Multistars 90
Performance Energy Multivitamin 90
Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 30
Men'S One Multivitamin 90
Multi-Vitamin Mens
Pain - Eze 30
Women'S One Multivitamin 30
Counter Attack 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

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

Brown Rice Loaf Yeast Free
Egg Replacer

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 Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dark 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, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Ketchup
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Enjoy Life

- Gluten Free Caramel Apple Snack Bar
- 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

- 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

- Organic Creamy Vanilla
- Coconut Almond Minis
- 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

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

Cherrybrook Kitchen (Cont'd)

- Chocolate Frosting Mix

Frozen Foods

Ian's Natural Foods

- Chicken Nuggets, Allergen Free
- Fish Sticks, Allergen Free
- Popcorn Turkey Corn Dogs

Purely Decadent

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Alive Cap
- Alive w/o Fe added Cap
- Vitamin C

Rainbow Light

- Men'S One Multivitamin 30
- Gummy Power Sours 30
- Vitamin D 1,000 Iu Gummies 50
- Prenatal One Multivitamin 30
- Kid'S One Multistars 30
- Women'S One Multivitamin 90
- Men'S One Multivitamin 90
- Counter Attack 30
- Food Based Calcium
- Prenatal One Multivitamin 90
- Everyday Calcium With Enzymes 120
- Pain - Eze 30
- Kid'S One Multistars 90
- Men'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 100
- Active Health Teen Multivitamin 90
- Mintasure 75
- Nutristart Multivitamin Powder 30
- Women'S One Multivitamin 30
- Performance Energy Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Counter Attack 90
- Multi-Vitamin Mens
- Women'S One Multivitamin 150

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

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

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

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

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

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

Nutritional Supplements

Rainbow Light

- Multi-Vitamin Mens

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce