

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Porter Ranch 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

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

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

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

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Glutino (Cont'd)

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Cookies and Snack Bars

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Organic Chocolate Velvet

So Delicious (Cont'd)
Coconut Almond Minis

Desserts

So Delicious
Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills
Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen
Pancake and Baking Wheat Free/Gluten Free Mix
Vanilla Frosting Mix
Chocolate Wheat Free/Gluten Free Cake Mix
Gluten Free/Wheat Free Yellow Cake 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
Peanut Butter Zigzag
Organic Chocolate Velvet
Coconut Almond Minis
Organic Creamy Vanilla

Nutritional Supplements

Nature's Way Alive!
Alive Cap

Rainbow Light
Counter Attack 90
Prenatal Multi Vitamin
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 150
Active Senior Multivitamin 90
Performance Energy Multivitamin 90
Prenatal Petite Multivitamin 90
Pain - Eze 30
Counter Attack 30
Kid'S One Multistars 90
Kid'S One Multistars 30
Men'S One Multivitamin 30
Mintasure 75
Food Based Calcium
Prenatal One Multivitamin 90
Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 90
Gummy Omegalicious 30

Rainbow Light (Cont'd)
Men'S One Multivitamin 150
Magnesium Calcium "+" 90
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Men'S One Multivitamin 90
Women'S One Multivitamin 30

Vibrant Health
Joint Vibrance Powder
Curcuminoids-95+

Sauces/Salsas/Dips

Organicville
Original BBQ Sauce

Organicville
Organic Tangy BBQ Sauce
Organic Island Teriyaki
Organic Mild Salsa
Organic Sesame Teriyaki

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Chocolate Wheat Free/Gluten Free Cake Mix
Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods
Egg Replacer

Enjoy Life Foods
Mini Chips

Hain
Baking Powder

Bread

Ener-G Foods
Brown Rice 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
Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino
Pretzel Sticks
Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, French

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

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Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

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Apple Breakfast Bars

So Delicious

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Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

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Prenatal Multi Vitamin

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Nutristart Multivitamin Powder 30

Vitamin D 1,000 Iu Gummies 100

Counter Attack 90

Mintasure 75

Counter Attack 30

Women'S One Multivitamin 90

Prenatal One Multivitamin 150

Performance Energy Multivitamin 90

Vitamin D 400 Iu Gummies 60

Men'S One Multivitamin 150

Women'S One Multivitamin 150

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Arrowhead Mills (Cont'd)

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Egg Replacer

Enjoy Life Foods

Mini Chips

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Candy and Chocolate**Enjoy Life**

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

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