

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Redondo 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 Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic 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

Apple Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Organic Chocolate Velvet

Organic Creamy Vanilla

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

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

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

So Delicious

So Delicious (Cont'd)

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

Nutritional Supplements

Rainbow Light

- Everyday Calcium With Enzymes 120
- Counter Attack 90
- Counter Attack 30
- Women'S One Multivitamin 90
- Pain - Eze 30
- Prenatal One Multivitamin 90
- Prenatal One Multivitamin 30
- Kid'S One Multistars 90
- Food Based Calcium
- Kid'S One Multistars 30
- Vitamin D 1,000 Iu Gummies 50
- Men'S One Multivitamin 30
- Women'S One Multivitamin 30
- Men'S One Multivitamin 90
- Women'S One Multivitamin 150

Vibrant Health

- Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

Organicville

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

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

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

- Pretzel Sticks
- Pretzel Twists

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

- Organic Dressing, French
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Ketchup
- Organic Tangy BBQ Sauce
- Organic Dressing, Herbs de Provence 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 Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies

Glutino

- Apple Breakfast Bars
- Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

- Egg Replacer

So Delicious

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

Entrees and Mixes

Arrowhead Mills

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Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Rainbow Light

- Food Based Calcium

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 90
Pain - Eze 30
Women'S One Multivitamin 150
Women'S One Multivitamin 30
Kid'S One Multistars 90
Men'S One Multivitamin 30
Counter Attack 30
Prenatal One Multivitamin 30
Women'S One Multivitamin 90
Counter Attack 90
Everyday Calcium With Enzymes 120
Kid'S One Multistars 30
Men'S One Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

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

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Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

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Original BBQ Sauce

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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

Dairy Alternatives

Ener-G Foods

Ener-G Foods (Cont'd)

Egg Replacer

So Delicious

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

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

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