

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Santa Barbara 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

Cherrybrook Kitchen

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

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Bread

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

- Pretzel Sticks
- Pretzel Twists

Condiments

Organicville

- Organic Tangy BBQ Sauce
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French

Organicville (Cont'd)

- Organic Dressing, Olive Oil & Balsamic 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

- Blueberry Breakfast Bars
- Apple Breakfast Bars

Dairy Alternatives

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Magnesium Calcium "+" 180

Kid'S One Multistars 90

Women'S One Multivitamin 150

Men'S One Multivitamin 30

Women'S Nutritional System 180

Prenatal One Multivitamin 90

Active Health Teen Multivitamin 90

Prenatal Petite Multivitamin 90

Gummy Power Sours 30

Prenatal Multi Vitamin

Nutristart Multivitamin Powder 30

Complete B-Complex 90

Food Based Calcium

Women'S One Multivitamin 30

Men'S One Multivitamin 150

Active Senior Multivitamin 90

Gummy Omegalicious 30

Counter Attack 90

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Prenatal One Multivitamin 30

Multi-Vitamin Mens

Kid'S One Multistars 30

Food Based Calcium

Magnesium Calcium "+" 90

Vitamin D 1,000 Iu Gummies 50

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 90

Counter Attack 30

Performance Energy Multivitamin 90

Vibrant Health

Dumontiaceae Red Algae

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Baking Needs

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

Condiments

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy 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 Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Glutino

Blueberry Breakfast Bars

Apple Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Organic Chocolate Velvet

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Rainbow Light

Performance Energy Multivitamin 90
Vitamin D 400 Iu Gummies 60
Multi-Vitamin Mens
Vitamin D 1,000 Iu Gummies 50
Active Senior Multivitamin 90
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Complete B-Complex 90
Magnesium Calcium "+" 90
Gummy Power Sours 30
Magnesium Calcium "+" 180
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 90
Men'S One Multivitamin 150
Prenatal Multi Vitamin
Women'S Nutritional System 180
Counter Attack 30
Counter Attack 90
Active Health Teen Multivitamin 90
Nutristart Multivitamin Powder 30
Gummy Omegalicious 30
Food Based Calcium
Women'S One Multivitamin 90
Food Based Calcium
Kid'S One Multistars 90

Rainbow Light (Cont'd)

Men'S One Multivitamin 30
Prenatal One Multivitamin 90
Women'S One Multivitamin 150
Kid'S One Multistars 30

Vibrant Health

Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Chocolate Chip Cookies

Glutino

Apple Breakfast Bars
Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin

Multi-Vitamin Mens