

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Scottsdale 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
- Gluten Free/Wheat Free Yellow Cake 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

### 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 Chocolate Bar

### Chips/Pretzels/Snacks

#### Glutino

- Pretzel Twists
- Pretzel Sticks

### Condiments

#### OrganicVille

#### OrganicVille (Cont'd)

- Original BBQ Sauce

#### Organicville

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

### 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

- Blueberry Breakfast Bars
- Apple 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

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

### **So Delicious (Cont'd)**

Organic Chocolate Velvet  
Organic Creamy Vanilla

### **Desserts**

#### **So Delicious**

Peanut Butter Zigzag

### **Entrees and Mixes**

#### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

#### **Cherrybrook Kitchen**

Chocolate Frosting Mix  
Vanilla Frosting 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**

#### **Ian's Natural Foods**

Chicken Nuggets, Allergen Free  
Fish Sticks, Allergen Free

#### **Purely Decadent**

Coconut Milk Mint Chip  
Purely Decadent Cookie Dough

#### **So Delicious**

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

### **Nutritional Supplements**

#### **Nature's Way Alive!**

Vitamin C

#### **Rainbow Light**

Nutristart Multivitamin Powder 30  
Gummy Omegalicious 30  
Everyday Calcium With Enzymes 120  
Food Based Calcium  
Men'S One Multivitamin 30  
Magnesium Calcium "+" 180  
Counter Attack 90  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 90  
Women'S One Multivitamin 30  
Counter Attack 30  
Kid'S One Multistars 30  
Men'S One Multivitamin 150  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 90  
Active Health Teen Multivitamin 90

### **Rainbow Light (Cont'd)**

Gummy Power Sours 30  
Active Senior Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 30  
Kid'S One Multistars 90  
Men'S One Multivitamin 90  
Women'S One Multivitamin 150

### **Sauces/Salsas/Dips**

#### **Organicville**

Original BBQ Sauce

#### **Organicville**

Organic Island Teriyaki  
Organic Sesame Teriyaki  
Organic Tangy BBQ Sauce

### **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  
Gluten Free/Wheat Free Yellow Cake Mix  
Vanilla Frosting Mix  
Chocolate Frosting Mix

#### **Ener-G Foods**

Brown Rice Loaf Yeast Free  
Egg Replacer

#### **Enjoy Life Foods**

Mini Chips

### **Bread**

#### **Ener-G Foods**

Tapioca Loaf  
Brown Rice Loaf  
Brown Rice Loaf Yeast Free

### **Candy and Chocolate**

#### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
Boom Choco Boom Dark Chocolate Bar

### **Chips/Pretzels/Snacks**

#### **Glutino**

Pretzel Sticks  
Pretzel Twists

### **Condiments**

#### **Organicville**

Original BBQ Sauce

#### **Organicville**

Organic Dressing, Non Dairy Ranch  
Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

## **Organicville (Cont'd)**

- Organic Ketchup
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Tangy BBQ Sauce
- Organic Dressing, French
- Organic Dressing, Olive Oil & Balsamic Vinaigrette

## **Cookies and Snack Bars**

### **Enjoy Life**

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Caramel Apple 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

### **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**

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

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

- Chicken Nuggets, Allergen Free
- Fish Sticks, Allergen Free

### **Purely Decadent**

- Coconut Milk Mint Chip

## **Purely Decadent (Cont'd)**

- Purely Decadent Cookie Dough

## **So Delicious**

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

## **Nutritional Supplements**

### **Nature's Way Alive!**

- Vitamin C

### **Rainbow Light**

- Kid'S One Multistars 90
- Women'S One Multivitamin 150
- Active Senior Multivitamin 90
- Women'S One Multivitamin 30
- Men'S One Multivitamin 150
- Kid'S One Multistars 30
- Active Health Teen Multivitamin 90
- Counter Attack 30
- Food Based Calcium
- Everyday Calcium With Enzymes 120
- Prenatal One Multivitamin 90
- Magnesium Calcium "+" 180
- Vitamin D 1,000 Iu Gummies 50
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 150
- Men'S One Multivitamin 30
- Gummy Omegalicious 30
- Vitamin D 400 Iu Gummies 60
- Gummy Power Sours 30
- Counter Attack 90
- Women'S One Multivitamin 90
- Nutristart Multivitamin Powder 30
- Men'S One Multivitamin 90

## **Sauces/Salsas/Dips**

### **Organicville**

- Original BBQ Sauce

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki
- 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 Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

**Condiments****OrganicVille**

Original BBQ Sauce

**Cookies and Snack Bars****Enjoy Life**

Gluten Free Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

**Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip 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

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Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

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**Desserts****So Delicious**

Peanut Butter Zigzag

**Entrees and Mixes****Arrowhead Mills**

Gluten Free Fudge Brownie Mix

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**So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Coconut Milk Cookie Dough

Organic Creamy Vanilla

Organic Chocolate Velvet

**So Delicious (Cont'd)**

Peanut Butter Zigzag

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce