

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sherman Oaks 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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Pretzel Twists

Condiments

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

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

Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

So Delicious (Cont'd)

Coconut Almond Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Food Based Calcium

Magnesium Calcium "+" 90

Pain - Eze 30

Counter Attack 30

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Food Based Calcium

Prenatal One Multivitamin 90

Men'S One Multivitamin 150

Gummy Omegalicious 30

Women'S One Multivitamin 150

Performance Energy Multivitamin 90

Vitamin D 400 Iu Gummies 60

Rainbow Light (Cont'd)

Prenatal Petite Multivitamin 90
Everyday Calcium With Enzymes 120
Kid'S One Multistars 90
Prenatal Petite Multivitamin 180
Active Health Teen Multivitamin 90
Prenatal One Multivitamin 30
Counter Attack 90
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Gummy Power Sours 30
Mintasure 75
Vitamin D 1,000 Iu Gummies 50
Active Senior Multivitamin 90
Super C 1000 60
Women'S One Multivitamin 30
Kid'S One Multistars 30

Vibrant Health

Joint Vibrance Powder
Dumontiaceae Red Algae

Sauces/Salsas/Dips

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

Condiments

Organicville

Organic Dressing, Non Dairy Ranch
Organic Dressing, French
Organic Tangy BBQ Sauce
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
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 Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Creamy Vanilla
Organic Chocolate Velvet
Coconut Almond Minis

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Coconut Almond Minis
Organic Creamy Vanilla

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Kid'S One Multistars 30
Women'S One Multivitamin 90
Super C 1000 60
Prenatal Petite Multivitamin 180
Gummy Power Sours 30
Prenatal Petite Multivitamin 90
Food Based Calcium
Prenatal One Multivitamin 150
Performance Energy Multivitamin 90
Gummy Omegalicious 30
Prenatal One Multivitamin 90
Kid'S One Multistars 90
Men'S One Multivitamin 150
Mintasure 75
Women'S One Multivitamin 30
Magnesium Calcium "+" 90
Food Based Calcium
Pain - Eze 30
Active Senior Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 30
Counter Attack 30
Counter Attack 90
Everyday Calcium With Enzymes 120
Women'S One Multivitamin 150
Active Health Teen Multivitamin 90
Men'S One Multivitamin 30
Men'S One Multivitamin 90

Vibrant Health

Joint Vibrance Powder
Dumontiaceae Red Algae

Sauces/Salsas/Dips**Organicville**

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce

Baking Needs**Ener-G Foods**

Egg Replacer

Enjoy Life Foods

Mini Chips

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

Blueberry Breakfast Bars

Dairy Alternatives**Ener-G Foods**

Egg Replacer

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Organic Chocolate Velvet
Organic Creamy Vanilla

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Coconut Almond Minis
Organic Creamy Vanilla