

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sherman Oaks West 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

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Frosting Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Ketchup

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, French

Organicville (Cont'd)

Organic Dressing, Non Dairy Ranch

Organic Dressing, Herbs de Provence 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

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

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

Vanilla Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organicville (Cont'd)

Organic Island Teriyaki
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
Coconut Almond Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Women'S One Multivitamin 150
Men'S One Multivitamin 150
Magnesium Calcium "+" 90
Everyday Calcium With Enzymes 120
Complete B-Complex 90
Energy B-Complex 45
Organic Womens Multi Vitamin
Food Based Calcium
Men'S One Multivitamin 30
Counter Attack 30
Vitamin D 1,000 Iu Gummies 50
Active Health Teen Multivitamin 90
Women'S One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Mintasure 75
Prenatal One Multivitamin 90
Prenatal One Multivitamin 30
Women'S One Multivitamin 30
Performance Energy Multivitamin 90
Pain - Eze 30
Kid'S One Multistars 30
Counter Attack 90
Prenatal Petite Multivitamin 180
Men'S One Multivitamin 90
Active Senior Multivitamin 90
Prenatal Multi Vitamin
Kid'S One Multistars 90

Vibrant Health

Joint Vibrance Powder
Curcuminoids-95+

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

Baked Goods

Ener-G Foods

Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

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Organicville

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Organic Dressing, French
Organic Ketchup
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Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Tangy BBQ Sauce
Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

Enjoy Life

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Gluten Free Caramel Apple Snack Bar

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Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
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Glutino

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Frozen Foods

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Nature's Way Alive!

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Rainbow Light

Counter Attack 30

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Vitamin D 1,000 Iu Gummies 50

Energy B-Complex 45

Vitamin D 400 Iu Gummies 60

Counter Attack 90

Organic Womens Multi Vitamin

Pain - Eze 30

Men'S One Multivitamin 90

Complete B-Complex 90

Women'S One Multivitamin 90

Performance Energy Multivitamin 90

Women'S One Multivitamin 30

Men'S One Multivitamin 30

Prenatal Multi Vitamin

Kid'S One Multistars 90

Magnesium Calcium "+" 90

Active Senior Multivitamin 90

Kid'S One Multistars 30

Mintasure 75

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 30

Women'S One Multivitamin 150

Rainbow Light (Cont'd)

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Men'S One Multivitamin 150

Active Health Teen Multivitamin 90

Vibrant Health

Curcuminoids-95+

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Organic Tangy BBQ Sauce

Baked Goods

Ener-G Foods

Brown Rice Loaf

Baking Needs

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

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