

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



San Luis Obispo 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

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, Miso Ginger Vinaigrette

Organicville (Cont'd)

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

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 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

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

Cherrybrook Kitchen (Cont'd)

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

Ethnic Foods**Organicville**

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods**So Delicious**

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

Nutritional Supplements**Nature's Way Alive!**

Alive Cap

Rainbow Light

Prenatal Multi Vitamin
Mintasure 75
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 150
Nutristart Multivitamin Powder 30
Prenatal One Multivitamin 30
Counter Attack 30
Men'S One Multivitamin 30
Women'S One Multivitamin 30
Energy B-Complex 45
Magnesium Calcium "+" 180
Magnesium Calcium "+" 90
Prenatal One Multivitamin 150
Gummy Omegalicious 30
Women'S One Multivitamin 90
Performance Energy Multivitamin 90
Kid'S One Multistars 90
Prenatal One Multivitamin 90
Women'S One Multivitamin 150
Complete B-Complex 90
Active Health Teen Multivitamin 90
Food Based Calcium
Vitamin D 400 Iu Gummies 60
Prenatal Petite Multivitamin 90
Counter Attack 90
Everyday Calcium With Enzymes 120
Men'S One Multivitamin 90

Sauces/Salsas/Dips**Organicville**

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organicville (Cont'd)

Organic Sesame Teriyaki
Organic Island Teriyaki

Baked Goods**Ener-G Foods**

Tapioca Loaf

Baking Needs**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
Chocolate Wheat Free/Gluten Free Cake Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread**Ener-G Foods**

Tapioca Loaf

Cereal**Arrowhead Mills**

Organic Rice & Shine Hot Cereal
Organic Maple Buckwheat Flakes

Chips/Pretzels/Snacks**Glutino**

Pretzel Sticks
Pretzel Twists

Condiments**Organicville**

Original BBQ Sauce

Organicville

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

Apple Breakfast Bars
Blueberry Breakfast Bars

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island Teriyaki

Frozen Foods

So Delicious

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Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
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Nature's Way Alive!

Alive Cap

Rainbow Light

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Nutristart Multivitamin Powder 30
Prenatal Multi Vitamin
Prenatal One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Food Based Calcium
Everyday Calcium With Enzymes 120
Kid'S One Multistars 90
Mintasure 75
Gummy Omegalicious 30
Counter Attack 90
Men'S One Multivitamin 30
Vitamin D 400 Iu Gummies 60
Active Health Teen Multivitamin 90
Magnesium Calcium "+" 180
Prenatal One Multivitamin 30
Women'S One Multivitamin 150
Energy B-Complex 45

Rainbow Light (Cont'd)

Magnesium Calcium "+" 90
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Counter Attack 30
Men'S One Multivitamin 150
Men'S One Multivitamin 90
Prenatal One Multivitamin 90
Complete B-Complex 90

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce
Organic Sesame Teriyaki
Organic Island Teriyaki

Baked Goods

Ener-G Foods

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal
Organic Maple Buckwheat Flakes

Condiments

Organicville

Original BBQ Sauce

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Enjoy Life

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Glutino

Apple Breakfast Bars
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Organic Chocolate Velvet
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Desserts**So Delicious**

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Entrees and Mixes**Arrowhead Mills**

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Chocolate Covered Vanilla Coconut Minis
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Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce