

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Santa Monica 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

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

- Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

Organicville (Cont'd)

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Ketchup

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Chocolate Chip Cookies
- Soft Baked Gingerbread Spice Cookies
- Soft Baked Double Chocolate Brownie Cookies

Glutino

- Blueberry Breakfast Bars
- Apple Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

- Purely Decadent Cookie Dough
- Coconut Milk Mint Chip

So Delicious

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

Entrees and Mixes

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

- Organic Sesame Teriyaki
- Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs
Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Counter Attack 90
Women'S One Multivitamin 30
Super C 1000 60
Active Senior Multivitamin 90
Kid'S One Multistars 90
Performance Energy Multivitamin 90
Pain - Eze 30
Women'S One Multivitamin 90
Prenatal One Multivitamin 30
Women'S One Multivitamin 150
Mintasure 75
Men'S One Multivitamin 30
Kid'S One Multistars 30
Men'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Prenatal One Multivitamin 90
Vitamin D 400 Iu Gummies 60
Organic Womens Multi Vitamin
Men'S One Multivitamin 150
Everyday Calcium With Enzymes 120
Prenatal Petite Multivitamin 90
Counter Attack 30
Prenatal One Multivitamin 150

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki
Organic Tangy BBQ Sauce
Organic Island Teriyaki

Baked Goods

Ener-G Foods

Brown Rice Loaf
Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Bread

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies
Soft Baked Gingerbread Spice Cookies
Soft Baked Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Glutino

Apple Breakfast Bars
Blueberry Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip
Purely Decadent Cookie Dough

So Delicious

Coconut Almond Minis
Organic Chocolate Velvet
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Arrowhead Mills (Cont'd)

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Nuggets, Allergen Free

Purely Decadent

Purely Decadent Cookie Dough

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So Delicious

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Nutritional Supplements

Rainbow Light

Organic Womens Multi Vitamin

Men'S One Multivitamin 90

Super C 1000 60

Counter Attack 30

Women'S One Multivitamin 90

Pain - Eze 30

Prenatal Petite Multivitamin 90

Performance Energy Multivitamin 90

Men'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 100

Active Senior Multivitamin 90

Prenatal One Multivitamin 30

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Kid'S One Multistars 90

Men'S One Multivitamin 150

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 150

Mintasure 75

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Organicville

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Organic Tangy BBQ Sauce

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Baked Goods

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

Tapioca Loaf

Candy and Chocolate

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Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

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Condiments

OrganicVille

Original BBQ Sauce

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Gluten Free Cocoa Loco Snack Bar

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Soft Baked Double Chocolate Brownie Cookies

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Apple Breakfast Bars

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Nutritional Supplements**Rainbow Light**

Organic Womens Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce