

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Speedway 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

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

Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Brown Rice Loaf Yeast Free

Candy and Chocolate

Enjoy Life

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

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Miso Ginger 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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Alive w/o Fe added Cap

Rainbow Light

Prenatal One Multivitamin 30

Super C 1000 60

Men'S One Multivitamin 90

Vitamin D 1,000 Iu Gummies 50

Vitamin D 400 Iu Gummies 60

Everyday Calcium With Enzymes 120

Women'S One Multivitamin 30

Prenatal One Multivitamin 90

Counter Attack 90

Men'S One Multivitamin 30

Pain - Eze 30

Women'S One Multivitamin 150

Active Senior Multivitamin 90

Complete B-Complex 90

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Performance Energy Multivitamin 90

Counter Attack 30

Kid'S One Multistars 30

Magnesium Calcium "+" 90

Energy B-Complex 45

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

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Brown Rice Loaf Yeast Free

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf Yeast Free

Tapioca 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

Boom Choco Boom Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists

Pretzel Sticks

Condiments

Organicville

Original BBQ Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, French

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

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 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

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki
Organic Island 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!

Alive w/o Fe added Cap
Alive Cap

Rainbow Light

Counter Attack 90
Prenatal One Multivitamin 30
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 30
Super C 1000 60
Performance Energy Multivitamin 90
Kid'S One Multistars 30
Pain - Eze 30
Active Senior Multivitamin 90
Complete B-Complex 90
Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Everyday Calcium With Enzymes 120
Vitamin D 400 Iu Gummies 60
Counter Attack 30

Rainbow Light (Cont'd)

Women'S One Multivitamin 150
Women'S One Multivitamin 30
Prenatal One Multivitamin 90
Magnesium Calcium "+" 90
Energy B-Complex 45
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

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Tapioca Loaf

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

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

Glutino

Blueberry Breakfast Bars
Apple Breakfast Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes**Arrowhead Mills**

Gluten Free Fudge Brownie Mix

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce