

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Torrance 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

#### Cherrybrook Kitchen

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

#### Ener-G Foods

- Egg Replacer
- Brown Rice Loaf Yeast Free

#### Enjoy Life Foods

- Mini Chips

#### Hain

- Baking Powder

### Bread

#### Ener-G Foods

- Tapioca Loaf
- Brown Rice 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, Non Dairy Ranch
- Organic Tangy BBQ Sauce
- Organic Dressing, French
- Organic Dressing, Herbs de Provence 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 Chocolate Chip Cookies
- Soft Baked Gingerbread Spice 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**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

## **So Delicious**

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

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Vanilla Frosting Mix  
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**

### **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Food Based Calcium  
Mintasure 75  
Food Based Calcium  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Kid'S One Multistars 30  
Pain - Eze 30  
Kid'S One Multistars 90  
Prenatal One Multivitamin 90  
Active Health Teen Multivitamin 30  
Men'S One Multivitamin 30  
Active Senior Multivitamin 90  
Women'S One Multivitamin 150  
Vitamin D 400 Iu Gummies 60  
Magnesium Calcium "+" 90  
Counter Attack 90

### **Rainbow Light (Cont'd)**

Everyday Calcium With Enzymes 120  
Prenatal One Multivitamin 150  
Prenatal One Multivitamin 30  
Gummy Omegalicious 30  
Prenatal Petite Multivitamin 180  
Men'S One Multivitamin 90  
Men'S One Multivitamin 150  
Counter Attack 30

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki  
Organic Tangy BBQ Sauce

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf  
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  
Vanilla Frosting Mix  
Pancake and Baking Wheat Free/Gluten Free Mix

### **Ener-G Foods**

Egg Replacer  
Brown Rice Loaf Yeast Free

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf  
Brown Rice Loaf Yeast Free  
Tapioca Loaf

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

Organic Rice & Shine Hot Cereal

## **Chips/Pretzels/Snacks**

### **Glutino**

Pretzel Twists

## **Glutino (Cont'd)**

Pretzel Sticks

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Herbs de Provence 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 Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Gingerbread Spice Cookies

### **Glutino**

Apple Breakfast Bars

Blueberry Breakfast Bars

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

Egg Replacer

### **Purely Decadent**

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

### **So Delicious**

Organic Chocolate Velvet

Coconut Almond Minis

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut 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

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Vanilla Frosting Mix

## **Ethnic Foods**

### **Organicville**

## **Organicville (Cont'd)**

Organic Sesame Teriyaki

Organic Island Teriyaki

## **Frozen Foods**

### **Purely Decadent**

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

### **So Delicious**

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Peanut Butter Zigzag

Organic Creamy Vanilla

## **Nutritional Supplements**

### **Rainbow Light**

Men'S One Multivitamin 150

Counter Attack 30

Food Based Calcium

Kid'S One Multistars 30

Women'S One Multivitamin 150

Food Based Calcium

Active Senior Multivitamin 90

Prenatal One Multivitamin 30

Pain - Eze 30

Active Health Teen Multivitamin 90

Mintasure 75

Prenatal Petite Multivitamin 180

Prenatal One Multivitamin 150

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Men'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 30

Gummy Omegalicious 30

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Magnesium Calcium "+" 90

Men'S One Multivitamin 90

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Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Organic Sesame Teriyaki

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Tapioca Loaf

Brown Rice 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

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

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 Chocolate Chip Cookies

Soft Baked Gingerbread Spice 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**

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**Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Organic Creamy Vanilla

Coconut Almond Minis

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

**Desserts****So Delicious**

Peanut Butter Zigzag

**Entrees and Mixes****Arrowhead Mills****Arrowhead Mills (Cont'd)**

Gluten Free Fudge Brownie Mix

**Frozen Foods****Purely Decadent**

Coconut Milk Mint Chip

**So Delicious**

Coconut Almond Minis

Peanut Butter Zigzag

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce