

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Tarzana 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

#### Cherrybrook Kitchen

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

### Candy and Chocolate

#### Enjoy Life

- Boom Choco Boom Dark Chocolate Bar
- 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 Maple Buckwheat Flakes
- Organic Rice & Shine Hot Cereal

### Chips/Pretzels/Snacks

#### Glutino

- Pretzel Twists
- Pretzel Sticks

### Condiments

#### OrganicVille

- Original BBQ Sauce

#### Organicville

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

### Cookies and Snack Bars

#### Enjoy Life

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Caramel Apple Snack Bar

#### Glutino

- Blueberry 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
- Organic Creamy Vanilla

## **So Delicious (Cont'd)**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Desserts**

### **So Delicious**

Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki  
Organic Island Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

Fish Sticks, Allergen Free  
Chicken Nuggets, Allergen Free

### **Purely Decadent**

Purely Decadent Cookie Dough  
Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

Food Based Calcium  
Everyday Calcium With Enzymes 120  
Prenatal One Multivitamin 30  
Magnesium Calcium "+" 180  
Men'S One Multivitamin 90  
Performance Energy Multivitamin 90  
Women'S One Multivitamin 30  
Women'S One Multivitamin 90  
Women'S Nutritional System 180  
Prenatal One Multivitamin 90  
Prenatal One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium  
Super C 1000 60  
Counter Attack 90  
Nutristart Multivitamin Powder 30  
Prenatal Petite Multivitamin 90  
Mintasure 75  
Active Health Teen Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50

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

Vitamin D 400 Iu Gummies 60  
Magnesium Calcium "+" 90  
Men'S One Multivitamin 150  
Counter Attack 30  
Kid'S One Multistars 90  
Energy B-Complex 45  
Men'S One Multivitamin 30  
Kid'S One Multistars 30  
Gummy Omegalicious 30  
Women'S One Multivitamin 150

### **Vibrant Health**

Curcuminoids-95+  
Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Island Teriyaki  
Organic Mild Salsa  
Organic Tangy BBQ Sauce  
Organic Sesame Teriyaki

## **Baked Goods**

### **Ener-G Foods**

Brown Rice Loaf  
Tapioca Loaf

## **Baking Needs**

### **Cherrybrook Kitchen**

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

### **Ener-G Foods**

Brown Rice Loaf Yeast Free  
Egg Replacer

### **Enjoy Life Foods**

Mini Chips

### **Hain**

Baking Powder

## **Bread**

### **Ener-G Foods**

Brown Rice Loaf  
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**

## **Arrowhead Mills (Cont'd)**

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

## **Cookies and Snack Bars**

### **Enjoy Life**

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Caramel Apple Snack Bar

### **Glutino**

- Blueberry 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**

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

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## **Frozen Foods**

### **Ian's Natural Foods**

- Chicken Nuggets, Allergen Free
- Fish Sticks, Allergen Free

### **Purely Decadent**

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

### **So Delicious**

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

## **Nutritional Supplements**

### **Rainbow Light**

- Food Based Calcium
- Men'S One Multivitamin 30
- Vitamin D 1,000 Iu Gummies 50
- Kid'S One Multistars 30
- Kid'S One Multistars 90
- Food Based Calcium
- Everyday Calcium With Enzymes 120
- Mintasure 75
- Prenatal One Multivitamin 30
- Counter Attack 30
- Performance Energy Multivitamin 90
- Women'S One Multivitamin 150
- Nutristart Multivitamin Powder 30
- Women'S One Multivitamin 30
- Gummy Omegalicious 30
- Magnesium Calcium "+" 90
- Energy B-Complex 45
- Women'S One Multivitamin 90
- Men'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 100
- Magnesium Calcium "+" 180
- Super C 1000 60
- Prenatal One Multivitamin 150
- Men'S One Multivitamin 90
- Active Health Teen Multivitamin 90
- Prenatal Petite Multivitamin 90
- Women'S Nutritional System 180
- Prenatal One Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Counter Attack 90

### **Vibrant Health**

- Joint Vibrance Powder
- Curcuminoids-95+

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce

## **Organicville**

- Organic Mild Salsa
- Organic Sesame Teriyaki
- Organic Tangy BBQ Sauce
- Organic Island Teriyaki

## **Baked Goods**

### **Ener-G Foods**

- Brown Rice Loaf
- Tapioca Loaf

## **Baking Needs**

### **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 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
- Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

- Original BBQ Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

- Gluten Free Cocoa Loco Snack Bar
- Gluten Free Caramel Apple Snack Bar

### **Glutino**

- Blueberry Breakfast Bars

### **So Delicious**

- Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Ener-G Foods**

- Egg Replacer

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Desserts**

### **So Delicious**

- Peanut Butter Zigzag

## **Frozen Foods**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce