

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Valencia 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

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

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

- 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 Twists
- Pretzel Sticks

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

Glutino

- Apple Breakfast Bars
- 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

So Delicious (Cont'd)

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

Desserts

So Delicious

- Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

- Chicken Nuggets, Allergen Free
- Popcorn Turkey Corn Dogs

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Vitamin C
- Alive w/o Fe added Cap

Rainbow Light

- Prenatal Petite Multivitamin 180
- Women'S One Multivitamin 90
- Magnesium Calcium "+" 180
- Vitamin D 1,000 Iu Gummies 50
- Prenatal One Multivitamin 30
- Performance Energy Multivitamin 90
- Prenatal One Multivitamin 150
- Everyday Calcium With Enzymes 120
- Prenatal Petite Multivitamin 90
- Organic Womens Multi Vitamin
- Counter Attack 90
- Men'S One Multivitamin 30
- Magnesium Calcium "+" 90
- Food Based Calcium

Rainbow Light (Cont'd)

- Active Health Teen Multivitamin 90
- Counter Attack 30
- Women'S One Multivitamin 150
- Men'S One Multivitamin 90
- Pain - Eze 30
- Active Senior Multivitamin 90
- Gummy Omegalicious 30
- Nutristart Multivitamin Powder 30
- Vitamin D 1,000 Iu Gummies 100
- Men'S One Multivitamin 150
- Prenatal Multi Vitamin
- Prenatal One Multivitamin 90
- Multi-Vitamin Mens
- Women'S One Multivitamin 30
- Mintasure 75

Vibrant Health

- Dumontiaceae Red Algae
- Joint Vibrance Powder
- Curcuminoids-95+

Sauces/Salsas/Dips

OrganicVille

- Original BBQ Sauce

Organicville

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

Baked Goods

Ener-G Foods

- Tapioca Loaf
- Brown Rice Loaf

Baking Needs

Cherrybrook Kitchen

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

Ener-G Foods

- Egg Replacer

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf
- Tapioca Loaf

Candy and Chocolate

Enjoy Life

- 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 Sticks

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Tangy BBQ Sauce

Organic Dressing, French

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

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Gluten Free Caramel Apple Snack Bar

Gluten Free Cocoa Loco Snack Bar

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Soft Baked Gingerbread Spice Cookies

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Blueberry Breakfast Bars

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Purely Decadent Cookie Dough

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So Delicious

Organic Creamy Vanilla

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

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Chocolate Wheat Free/Gluten Free Cake Mix

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Cherrybrook Kitchen (Cont'd)

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Popcorn Turkey Corn Dogs

Purely Decadent

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

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Joint Vibrance Powder

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Organic Tangy BBQ Sauce

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Tapioca Loaf

Brown Rice Loaf

Baking Needs

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Egg Replacer

Enjoy Life Foods

Mini Chips

Bread

Ener-G Foods

Brown Rice Loaf

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Condiments

OrganicVille

Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Cocoa Loco Snack Bar

Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

Soft Baked Gingerbread Spice 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

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Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Coconut Almond Minis

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