

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Venice 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
- Brown Rice Loaf

Baking Needs

Arrowhead Mills

- Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ener-G Foods

- Brown Rice Loaf Yeast Free

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Bread

Ener-G Foods

- Brown Rice Loaf Yeast Free
- 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
- 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 Dressing, Non Dairy Ranch
- Organic Ketchup
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, French
- Organic Tangy 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 Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies
- Soft Baked Gingerbread Spice Cookies

Glutino

- Blueberry Breakfast Bars
- Apple Breakfast Bars

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

- Coconut Milk Mint Chip
- Purely Decadent Cookie Dough

So Delicious

So Delicious (Cont'd)

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Purely Decadent

Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Magnesium Calcium "+" 90
Prenatal One Multivitamin 30
Gummy Omegalicious 30
Women'S One Multivitamin 30
Magnesium Calcium "+" 180
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 150
Prenatal One Multivitamin 150
Men'S One Multivitamin 90
Complete B-Complex 90
Prenatal Petite Multivitamin 180
Food Based Calcium
Kid'S One Multistars 90
Nutristart Multivitamin Powder 30
Food Based Calcium

Rainbow Light (Cont'd)

Prenatal One Multivitamin 90
Super C 1000 60
Pain - Eze 30
Kid'S One Multistars 30
Counter Attack 30
Counter Attack 90
Women'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Prenatal Multi Vitamin
Vitamin D 1,000 Iu Gummies 50
Gummy Power Sours 30

Vibrant Health

Dumontiaceae Red Algae
Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Original BBQ Sauce

Organicville

Organic Island Teriyaki
Organic Tangy BBQ Sauce
Organic Sesame Teriyaki

Baked Goods

Ener-G Foods

Tapioca Loaf
Brown Rice Loaf

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

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

Ener-G Foods

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 Dairy-Free Rice Milk Chocolate Bar

Enjoy Life (Cont'd)

Boom Choco Boom Dark Chocolate Bar

Cereal**Arrowhead Mills**

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 Tangy BBQ Sauce

Organic Dressing, French

Organic Ketchup

Organic Dressing, Non Dairy Ranch

Cookies and Snack Bars**Enjoy Life**

Gluten Free Cocoa Loco Snack Bar

Gluten Free Caramel Apple Snack Bar

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

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**

Coconut Milk Mint Chip

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Organic Chocolate Velvet

Coconut Almond 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

Chocolate Frosting Mix

Cherrybrook Kitchen (Cont'd)

Vanilla Frosting 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

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Organic Chocolate Velvet

Peanut Butter Zigzag

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Nutritional Supplements**Nature's Way Alive!**

Vitamin C

Rainbow Light

Prenatal Petite Multivitamin 90

Kid'S One Multistars 30

Prenatal Petite Multivitamin 180

Nutristart Multivitamin Powder 30

Gummy Power Sours 30

Men'S One Multivitamin 30

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Women'S One Multivitamin 30

Women'S One Multivitamin 90

Magnesium Calcium "+" 90

Gummy Omegalicious 30

Vitamin D 400 Iu Gummies 60

Counter Attack 30

Prenatal Multi Vitamin

Vitamin D 1,000 Iu Gummies 50

Super C 1000 60

Men'S One Multivitamin 150

Men'S One Multivitamin 90

Food Based Calcium

Counter Attack 90

Complete B-Complex 90

Prenatal One Multivitamin 150

Women'S One Multivitamin 150

Pain - Eze 30

Magnesium Calcium "+" 180

Food Based Calcium

Prenatal One Multivitamin 30

Vibrant Health

Joint Vibrance Powder
Dumontiaceae Red Algae

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

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 Dark 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

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 Gingerbread Spice Cookies
Soft Baked Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie 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

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Organic Chocolate Velvet
Organic Creamy Vanilla
Coconut Milk Cookie Dough
Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
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Rainbow Light

Prenatal Multi Vitamin

Sauces/Salsas/Dips

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Original BBQ Sauce