

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Los Angeles 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.

### Baking Needs

#### Arrowhead Mills

Gluten Free Fudge Brownie Mix

#### Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Chocolate Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

#### Ener-G Foods

Egg Replacer

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### 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 Sticks

Pretzel Twists

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

Organic Ketchup

### Organicville (Cont'd)

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Tangy BBQ Sauce

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 Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

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

#### So Delicious

Coconut Almond Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

Chocolate Covered Vanilla Coconut Minis

## Entrees and Mixes

### Arrowhead Mills

Gluten Free Fudge Brownie Mix

### Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Chocolate Frosting Mix

Vanilla Frosting 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

Organic Chocolate Velvet

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Coconut Almond Minis

Organic Creamy Vanilla

## Nutritional Supplements

### Rainbow Light

Counter Attack 30

Everyday Calcium With Enzymes 120

Active Health Teen Multivitamin 90

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Super C 1000 60

Pain - Eze 30

Active Senior Multivitamin 90

Magnesium Calcium "+" 90

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 90

Kid'S One Multistars 90

Women'S One Multivitamin 150

Food Based Calcium

Food Based Calcium

Women'S One Multivitamin 90

Men'S One Multivitamin 150

Magnesium Calcium "+" 180

Probioactive 1B 90

Men'S One Multivitamin 30

Prenatal Petite Multivitamin 90

Women'S One Multivitamin 30

Mintasure 75

Prenatal One Multivitamin 30

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

### Vibrant Health

Joint Vibrance Powder

## Sauces/Salsas/Dips

### Organicville

Original BBQ Sauce

### Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Organic Tangy BBQ Sauce

## 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

Chocolate Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

### Ener-G Foods

Egg Replacer

### Enjoy Life Foods

Mini Chips

### Hain

Baking Powder

## 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

Pretzel Sticks

## Condiments

### Organicville

Original BBQ Sauce

### Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, French

Organic Ketchup

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Non Dairy Ranch

## Cookies and Snack Bars

### Enjoy Life

Gluten Free Cocoa Loco Snack Bar

## **Enjoy Life (Cont'd)**

Gluten Free Caramel Apple Snack Bar

## **Enjoy Life Foods**

Soft Baked Gingerbread Spice Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip 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

### **So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Organic Creamy Vanilla

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Cherrybrook Kitchen**

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

Vanilla Frosting Mix

Chocolate Frosting Mix

Chocolate Wheat Free/Gluten Free Cake Mix

## **Ethnic Foods**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Frozen Foods**

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

Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Chocolate Velvet

Coconut Milk Cookie Dough

Organic Creamy Vanilla

## **Nutritional Supplements**

### **Rainbow Light**

Prenatal One Multivitamin 30

Magnesium Calcium "+" 90

Men'S One Multivitamin 90

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

Mintasure 75

Probioactive 1B 90

Kid'S One Multistars 90

Prenatal Petite Multivitamin 90

Active Health Teen Multivitamin 90

Counter Attack 90

Vitamin D 1,000 Iu Gummies 100

Prenatal One Multivitamin 90

Prenatal One Multivitamin 150

Men'S One Multivitamin 30

Women'S One Multivitamin 90

Women'S One Multivitamin 30

Pain - Eze 30

Counter Attack 30

Men'S One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Women'S One Multivitamin 150

Active Senior Multivitamin 90

Magnesium Calcium "+" 180

Super C 1000 60

Everyday Calcium With Enzymes 120

Food Based Calcium

Food Based Calcium

### **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **Organicville**

Original BBQ Sauce

### **Organicville**

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free Fudge Brownie Mix

### **Ener-G Foods**

Egg Replacer

### **Enjoy Life Foods**

Mini Chips

## **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 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 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**

### **Ener-G Foods**

- Egg Replacer

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Entrees and Mixes**

### **Arrowhead Mills**

- Gluten Free Fudge Brownie Mix

## **Frozen Foods**

### **Purely Decadent**

- Coconut Milk Mint Chip

### **So Delicious**

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

## **Sauces/Salsas/Dips**

### **OrganicVille**

- Original BBQ Sauce