

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wilshire Blvd 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

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Condiments

Organicville

Organic Dressing, Sesame Tamari Vinaigrette

Organic Dressing, Herbs de Provence Vinaigrette

Organic Tangy BBQ Sauce

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, French

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 Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Chocolate Chip Cookies

Glutino

Blueberry Breakfast Bars

Apple Breakfast Bars

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Wheat Free/Gluten Free Cake Mix

Ethnic Foods

Organicville

Organic Island Teriyaki

Frozen Foods

Ian's Natural Foods

Chicken Nuggets, Allergen Free

Nutritional Supplements

Nature's Way Alive!

Vitamin C

Rainbow Light

Prenatal Multi Vitamin

Food Based Calcium

Mintasure 75

Men'S One Multivitamin 90

Counter Attack 90

Multi-Vitamin Mens

Prenatal Petite Multivitamin 90

Everyday Calcium With Enzymes 120

Nutristart Multivitamin Powder 30

Kid'S One Multistars 90

Gummy Omegalicious 30

Counter Attack 30

Women'S One Multivitamin 30

Prenatal One Multivitamin 30

Kid'S One Multistars 30

Prenatal One Multivitamin 90

Men'S One Multivitamin 30

Magnesium Calcium "+" 180

Rainbow Light (Cont'd)

Gummy Power Sours 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Tangy BBQ Sauce

Organic Island Teriyaki

Baking Needs

Arrowhead Mills

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Chocolate Wheat Free/Gluten Free Cake Mix

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Candy and Chocolate

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Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

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Apple Breakfast Bars

Blueberry Breakfast Bars

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Men'S One Multivitamin 30

Prenatal Petite Multivitamin 90

Gummy Omegalicious 30

Kid'S One Multistars 30

Prenatal One Multivitamin 90

Women'S One Multivitamin 30

Mintasure 75

Magnesium Calcium "+" 180

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