

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Westwood 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

Chocolate Wheat Free/Gluten Free Cake Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Sticks

Pretzel Twists

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, French

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Tangy 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 Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Double Chocolate Brownie Cookies

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

Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Cherrybrook Kitchen

Chocolate Wheat Free/Gluten Free Cake Mix

Pancake and Baking Wheat Free/Gluten Free Mix

Frozen Foods

Purely Decadent

Purely Decadent Cookie Dough

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

Active Senior Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Prenatal Multi Vitamin
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 150
Prenatal One Multivitamin 30
Super C 1000 60
Men'S One Multivitamin 30
Counter Attack 30
Gummy Omegalicious 30
Performance Energy Multivitamin 90
Vitamin D 400 Iu Gummies 60
Magnesium Calcium "+" 90
Women'S One Multivitamin 30
Men'S One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 90
Counter Attack 90
Prenatal One Multivitamin 90
Active Health Teen Multivitamin 90
Complete B-Complex 90
Prenatal Petite Multivitamin 90
Kid'S One Multistars 30

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

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

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Cereal

Arrowhead Mills

Organic Rice & Shine Hot Cereal

Chips/Pretzels/Snacks

Glutino

Pretzel Twists
Pretzel Sticks

Condiments

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Original BBQ Sauce

Organicville

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

Cookies and Snack Bars

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Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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Glutino

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So Delicious

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So Delicious

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Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

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Frozen Foods

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Purely Decadent Cookie Dough
Coconut Milk Mint Chip

So Delicious

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

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Complete B-Complex 90
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Gummy Omegalicious 30
Active Senior Multivitamin 90
Food Based Calcium
Men'S One Multivitamin 90
Kid'S One Multistars 30
Magnesium Calcium "+" 90
Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Prenatal Petite Multivitamin 90
Counter Attack 30
Prenatal One Multivitamin 30
Prenatal Multi Vitamin
Super C 1000 60
Performance Energy Multivitamin 90

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Original BBQ Sauce

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Glutino (Cont'd)

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