

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Arlington Store, Mid-Atlantic 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

Cherrybrook Kitchen

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

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

Condiments

Organicville

- Original BBQ Sauce

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Dressing, French
- Organic Ketchup
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Chocolate Chip Cookies

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- 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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Alive Cap
- Max Potency Multivitamin

Rainbow Light

- Prenatal One Multivitamin 30
- Active Health Teen Multivitamin 90
- Prenatal One Multivitamin 150
- Everyday Calcium With Enzymes 240

Rainbow Light (Cont'd)

Complete Iron System 60
Men'S One Multivitamin 150
Active Senior Multivitamin 90
Prenatal One Multivitamin 90
Nutristart Multivitamin Powder 30
Men'S One Multivitamin 90
Everyday Calcium With Enzymes 120
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 90
Women'S One Multivitamin 150
Just Once Multivitamin 120
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 30
Just Once Multivitamin 30
Vitamin D 1,000 Iu Gummies 100
Active Senior Multivitamin 30
Kid'S One Multistars 90
Food Based Calcium
Just Once Multivitamin 60
Just Once Iron-Free Multivitamin 120
Counter Attack 30
Vitamin D 1,000 Iu Gummies 50

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Baking Needs

Cherrybrook Kitchen

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

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Dressing, French
Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organicville (Cont'd)

Organic Dressing, Non Dairy Ranch

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon
Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

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So Delicious

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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Peanut Butter Zigzag
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Chocolate Covered Vanilla Coconut Minis

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Alive Cap

Rainbow Light

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Women'S One Multivitamin 30
Just Once Multivitamin 30
Vitamin D 400 Iu Gummies 60
Counter Attack 30
Men'S One Multivitamin 90
Prenatal One Multivitamin 90
Prenatal One Multivitamin 30
Nutristart Multivitamin Powder 30
Complete Iron System 60
Prenatal Petite Multivitamin 90
Vitamin D 1,000 Iu Gummies 100

Rainbow Light (Cont'd)

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Just Once Multivitamin 120
Women'S One Multivitamin 150
Active Health Teen Multivitamin 90
Active Senior Multivitamin 30
Just Once Iron-Free Multivitamin 120
Active Senior Multivitamin 90
Just Once Multivitamin 60
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 90
Kid'S One Multistars 90
Everyday Calcium With Enzymes 120
Everyday Calcium With Enzymes 240
Food Based Calcium

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Baking Needs**Enjoy Life Foods**

Mini Chips

Candy and Chocolate**Enjoy Life**

Boom Choco Boom Dark Chocolate Bar
Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice
Chocolate Bar

Condiments**OrganicVille**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life Foods**

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Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon
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Frozen Foods**Purely Decadent****Purely Decadent (Cont'd)**

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So Delicious

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Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce