

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Annapolis 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

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

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

Organicville

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

So Delicious

- Organic Creamy Vanilla

So Delicious (Cont'd)

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin
- Alive Cap
- Max Potency Multivitamin

Rainbow Light

- Everyday Calcium With Enzymes 240
- Prenatal One Multivitamin 30
- Just Once Multivitamin 120
- Just Once Multivitamin 30
- Women'S One Multivitamin 150
- Complete Iron System 60
- Prenatal Petite Multivitamin 90
- Pain - Eze 30
- Active Senior Multivitamin 90
- Women'S One Multivitamin 90

Rainbow Light (Cont'd)

Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 90
Mintasure 75
Men'S One Multivitamin 150
Prenatal One Multivitamin 150
Women'S One Multivitamin 30
Just Once Iron-Free Multivitamin 120
Food Based Calcium
Everyday Calcium With Enzymes 120
Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Counter Attack 30
Calcium Citrate Mini Tabs 120
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 90
Food Based Calcium
Kid'S One Multistars 90
Men'S One Multivitamin 30
Active Senior Multivitamin 30
Just Once Multivitamin 60

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Baking Needs

Cherrybrook Kitchen

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

Enjoy Life Foods

Mini Chips

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, French
Organic Dressing, Non Dairy Ranch
Organic Ketchup
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

Enjoy Life Foods

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

Enjoy Life Foods (Cont'd)

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

So Delicious

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Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis
Coconut Milk Cookie Dough

Nutritional Supplements

Nature's Way Alive!

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Alive Cap
Max Potency Multivitamin

Rainbow Light

Active Senior Multivitamin 90
Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Food Based Calcium
Everyday Calcium With Enzymes 120
Just Once Multivitamin 120
Mintasure 75
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Kid'S One Multistars 90
Women'S One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 150
Active Senior Multivitamin 30
Just Once Multivitamin 30
Everyday Calcium With Enzymes 240
Just Once Multivitamin 60
Complete Iron System 60
Prenatal Petite Multivitamin 90
Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Men'S One Multivitamin 30
Counter Attack 30

Rainbow Light (Cont'd)

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Just Once Iron-Free Multivitamin 120
Men'S One Multivitamin 90
Calcium Citrate Mini Tabs 120
Pain - Eze 30
Men'S One Multivitamin 150
Vitamin D 400 Iu Gummies 60

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

Condiments**OrganicVille**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life Foods**

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**So Delicious**

Organic Creamy Vanilla
Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Frozen Foods**So Delicious**

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

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce