

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Friendship Heights 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

### 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 Ketchup

### Cookies and Snack Bars

#### Enjoy Life Foods

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

#### So Delicious

- Coconut Milk Cookie Dough

### Dairy Alternatives

#### Purely Decadent

- Coconut Milk Mint Chip

#### So Delicious

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis

### Desserts

#### So Delicious

#### So Delicious (Cont'd)

- Peanut Butter Zigzag

### Entrees and Mixes

#### Cherrybrook Kitchen

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

### Frozen Foods

#### Purely Decadent

- Coconut Milk Mint Chip

#### So Delicious

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

### Nutritional Supplements

#### Nature's Way Alive!

- Alive Cap
- Max Potency Multivitamin

#### Rainbow Light

- Just Once Multivitamin 30
- Prenatal One Multivitamin 30
- Prenatal One Multivitamin 150
- Just Once Multivitamin 120
- Complete Iron System 60
- Kid'S One Multistars 90
- Active Health Teen Multivitamin 90
- Prenatal Petite Multivitamin 90
- Food Based Calcium
- Women'S One Multivitamin 30
- Men'S One Multivitamin 90
- Vitamin D 400 Iu Gummies 60
- Women'S One Multivitamin 90

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

Women'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Men'S One Multivitamin 150  
Active Senior Multivitamin 30  
Counter Attack 30  
Prenatal One Multivitamin 90  
Everyday Calcium With Enzymes 120  
Calcium Citrate Mini Tabs 120  
Just Once Multivitamin 60  
Men'S One Multivitamin 30  
Active Senior Multivitamin 90  
Nutristart Multivitamin Powder 30  
Vitamin D 1,000 Iu Gummies 50

## **Vibrant Health**

Joint Vibrance Powder

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

## **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 Ketchup

## **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**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Desserts**

### **So Delicious**

## **So Delicious (Cont'd)**

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

## **Frozen Foods**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

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

## **Nutritional Supplements**

### **Nature's Way Alive!**

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Max Potency Multivitamin

### **Rainbow Light**

Everyday Calcium With Enzymes 120  
Men'S One Multivitamin 150  
Kid'S One Multistars 90  
Active Senior Multivitamin 30  
Just Once Multivitamin 60  
Nutristart Multivitamin Powder 30  
Just Once Multivitamin 120  
Prenatal One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 50  
Prenatal Petite Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Men'S One Multivitamin 90  
Women'S One Multivitamin 150  
Men'S One Multivitamin 30  
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Soft Baked Snickerdoodle Cookies Classic Sprinkled  
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