

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



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

Cookies and Snack Bars

Enjoy Life Foods

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

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Rainbow Light

- Counter Attack 30
- Active Senior Multivitamin 30
- Active Senior Multivitamin 90
- Men'S One Multivitamin 30
- Women'S One Multivitamin 30
- Food Based Calcium
- Prenatal One Multivitamin 150
- Everyday Calcium With Enzymes 240
- Everyday Calcium With Enzymes 120
- Women'S One Multivitamin 90
- Men'S One Multivitamin 90
- Kid'S One Multistars 90
- Just Once Multivitamin 60

Rainbow Light (Cont'd)

Complete Iron System 60
Just Once Multivitamin 30
Active Health Teen Multivitamin 90
Vitamin D 400 Iu Gummies 60
Prenatal One Multivitamin 90
Men'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Food Based Calcium
Women'S One Multivitamin 150
Prenatal One Multivitamin 30
Nutristart Multivitamin Powder 30

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix
Gluten Free/Wheat Free Yellow Cake Mix
Chocolate Frosting 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, Tarragon Dijon Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Ketchup
Organic Dressing, French
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Non Dairy Ranch

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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

So Delicious

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Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis

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Prenatal One Multivitamin 90
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Just Once Multivitamin 60
Kid'S One Multistars 90
Complete Iron System 60
Active Senior Multivitamin 30
Food Based Calcium
Food Based Calcium
Vitamin D 400 Iu Gummies 60
Counter Attack 30
Active Health Teen Multivitamin 90
Everyday Calcium With Enzymes 120
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 150
Men'S One Multivitamin 150
Men'S One Multivitamin 90
Men'S One Multivitamin 30
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 240
Just Once Multivitamin 30
Women'S One Multivitamin 30

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

Enjoy Life (Cont'd)

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

Condiments**OrganicVille**

Original BBQ Sauce

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**

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Chocolate Covered Vanilla Coconut Minis

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Frozen Foods**Purely Decadent**

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Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce