

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Chagrin 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

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits

Condiments

Organicville

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

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

- Coconut Almond Minis
- Organic Creamy Vanilla
- 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

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin
- Max Potency Multivitamin
- Max Potency Multivitamin
- Alive Cap

Rainbow Light

- Women's One Multivitamin 90
- Food Based Calcium
- Women's One Multivitamin 30
- Counter Attack 30
- Prenatal One Multivitamin 90
- Men's One Multivitamin 90
- Active Health Teen Multivitamin 90

Rainbow Light (Cont'd)

Active Senior Multivitamin 90
Women'S One Multivitamin 150
Kid'S One Multistars 90
Prenatal One Multivitamin 30
Prenatal One Multivitamin 150
Vitamin D 400 Iu Gummies 60
Complete Iron System 60
Vitamin D 1,000 Iu Gummies 50
Nutristart Multivitamin Powder 30
Food Based Calcium
Everyday Calcium With Enzymes 240
Everyday Calcium With Enzymes 120

Sauces/Salsas/Dips

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

Hain

Baking Powder

Candy and Chocolate

Enjoy Life

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

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Condiments

Organicville

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

Cookies and Snack Bars

Enjoy Life Foods

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

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

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Alive Cap
Max Potency Multivitamin
Max Potency Multivitamin
Max Potency Multivitamin

Rainbow Light

Prenatal One Multivitamin 90
Women'S One Multivitamin 30
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 120
Kid'S One Multistars 90
Vitamin D 400 Iu Gummies 60
Active Health Teen Multivitamin 90
Women'S One Multivitamin 150
Prenatal One Multivitamin 150
Counter Attack 30
Food Based Calcium
Active Senior Multivitamin 90
Everyday Calcium With Enzymes 240
Women'S One Multivitamin 90
Men'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Nutristart Multivitamin Powder 30
Complete Iron System 60
Food Based Calcium

Sauces/Salsas/Dips

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

Cereal**Arrowhead Mills**

Organic Yellow Corn Grits

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**So Delicious**

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Frozen Foods**So Delicious**

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