

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Charlottesville 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

- Gluten Free/Wheat Free Yellow Cake Mix
- Chocolate Frosting 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 Dark Chocolate Bar
- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

### Cereal

#### Arrowhead Mills

- Organic Yellow Corn Grits

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

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

### 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

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

### Nutritional Supplements

#### Nature's Way Alive!

- Max Potency Multivitamin
- Max Potency Multivitamin w/o Fe
- Alive Cap

#### Rainbow Light

- Just Once Multivitamin 60
- Prenatal One Multivitamin 30
- Everyday Calcium With Enzymes 120
- Food Based Calcium
- Active Senior Multivitamin 30
- Men'S One Multivitamin 150
- Active Health Teen Multivitamin 90
- Vitamin D 400 Iu Gummies 60

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

Vitamin D 1,000 Iu Gummies 100  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 90  
Prenatal Petite Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 30  
Complete Iron System 60  
Men'S One Multivitamin 90  
Everyday Calcium With Enzymes 240  
Nutristart Multivitamin Powder 30  
Food Based Calcium  
Women'S One Multivitamin 150  
Just Once Iron-Free Multivitamin 120  
Active Senior Multivitamin 90  
Kid'S One Multistars 90  
Prenatal One Multivitamin 150

## **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

### **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**

Original BBQ Sauce

### **Organicville**

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

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

## **Enjoy Life Foods (Cont'd)**

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  
Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

### **So Delicious**

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

## **Nutritional Supplements**

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

Alive Cap  
Max Potency Multivitamin  
Max Potency Multivitamin w/o Fe

### **Rainbow Light**

Active Senior Multivitamin 90  
Everyday Calcium With Enzymes 240  
Food Based Calcium  
Men'S One Multivitamin 90  
Everyday Calcium With Enzymes 120  
Active Health Teen Multivitamin 90  
Kid'S One Multistars 90  
Prenatal One Multivitamin 150  
Nutristart Multivitamin Powder 30  
Complete Iron System 60  
Vitamin D 1,000 Iu Gummies 50  
Active Senior Multivitamin 30  
Just Once Multivitamin 60  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 30  
Women'S One Multivitamin 150  
Food Based Calcium  
Vitamin D 1,000 Iu Gummies 100  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 30  
Just Once Iron-Free Multivitamin 120  
Prenatal Petite Multivitamin 90  
Men'S One Multivitamin 150

**Rainbow Light (Cont'd)**

Women'S One Multivitamin 90

**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

**Cereal****Arrowhead Mills**

Organic Yellow Corn Grits

**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**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

**Frozen Foods****So Delicious**

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce