

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cincinnati 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 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 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

Cherrybrook Kitchen (Cont'd)

- 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

Ian's Natural Foods

- Chicken Nuggets, Allergen Free

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

- Prenatal One Multivitamin 90
- Complete Iron System 60
- Food Based Calcium
- Prenatal One Multivitamin 150
- Just Once Multivitamin 60
- Active Senior Multivitamin 90
- Everyday Calcium With Enzymes 240
- Kid'S One Multistars 90
- Vitamin D 400 Iu Gummies 60
- Vitamin D 1,000 Iu Gummies 100
- Prenatal Petite Multivitamin 90
- Food Based Calcium

Rainbow Light (Cont'd)

Just Once Multivitamin 30
Prenatal One Multivitamin 30
Just Once Multivitamin 120
Rejuvenage 40+ Multi 120
Women'S One Multivitamin 30
Men'S One Multivitamin 30
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 150
Everyday Calcium With Enzymes 120
Men'S One Multivitamin 150
Men'S One Multivitamin 90
Women'S One Multivitamin 90
Counter Attack 30
Vitamin D 1,000 Iu Gummies 50
Active Health Teen Multivitamin 90

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

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

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

Ian's Natural Foods

Chicken Nuggets, Allergen Free

So Delicious

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Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

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

Rainbow Light

Just Once Multivitamin 60
Active Senior Multivitamin 90
Active Health Teen Multivitamin 90
Just Once Multivitamin 30
Rejuvenage 40+ Multi 120
Counter Attack 30
Food Based Calcium
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 30
Vitamin D 400 Iu Gummies 60
Nutristart Multivitamin Powder 30
Kid'S One Multistars 90
Men'S One Multivitamin 150
Everyday Calcium With Enzymes 120
Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Prenatal One Multivitamin 90
Men'S One Multivitamin 30
Food Based Calcium
Just Once Multivitamin 120
Women'S One Multivitamin 150
Complete Iron System 60
Prenatal Petite Multivitamin 90
Women'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 90
Everyday Calcium With Enzymes 240

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

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 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**

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Chocolate Covered Vanilla Coconut Minis

Frozen Foods**So Delicious**

Coconut Almond Minis

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Sauces/Salsas/Dips**Organicville**

Original BBQ Sauce