

Gluten Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Cheltenham Store, European Union 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-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.

Baby & Infant Food

Holle

Rice Porridge

Baking Needs

Ener-G Foods

Egg Replacer

Candy and Chocolate

Amelia Rope Chocolate

Pale Hazelnut & Sea Salt Chocolate Bar

Amelia Pale Lem/Sea Salt Choc

Amelia Pale Lime/Sea Salt Choc

Taza Chocolates

85% Super Dark Chocolate Disc

Organic Chocolate Disc 50%

Chipotle Chocolate Disc 70%

Canned Goods

Orgnan

Canned Spaghetti in Tomato Sauce

Cookies and Snack Bars

Pulsin

Sport Protein Bar

Dairy Alternatives

Ener-G Foods

Egg Replacer

Entrees and Mixes

TastyBite

Bombay Potatoes

Punjab Eggplant

Ethnic Foods

TastyBite

Punjab Eggplant

Bombay Potatoes

Frozen Foods

Amy's Kitchen

Indian Vegetable Korma

Grains and Rice

TastyBite

Bombay Potatoes

Nutritional Supplements

Dove's Farm

Vitamin C (Ascorbic Acid)

Naturya

Clorella Powder

Cocoa Nibs

Protein Hemp Powder

Acai Powder

Nuts/Seeds/Dried Fruits

Munchy Seeds

Pumpkin Mix

Raw Ecstasy

Activated Walnuts with Himalayan Salt

Sauces/Salsas/Dips

Potts

Sauce For Fish Pie

Sauce For Goulash

Sauce For Coq Au Vin

Sauce Bearnaise

Stock Fish

Sauce Pasta Tomato Basil

Sauce For Chasseur

Sauce For Stroganoff

Sauce For Carbonara

Beef & Red Wine Gravy

Sauce Orange & Red Wine

Spices and Seasonings

Potts

Stock Fish