

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cedar Center 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

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

Condiments

Organicville

- Original BBQ Sauce

Organicville

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

So Delicious

So Delicious (Cont'd)

- 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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin
- Alive Cap

Rainbow Light

- Prenatal Petite Multivitamin 90
- Prenatal One Multivitamin 150
- Everyday Calcium With Enzymes 120
- Just Once Multivitamin 120
- Complete Iron System 60
- Active Senior Multivitamin 90
- Counter Attack 30
- Vitamin D 1,000 Iu Gummies 50
- Men'S One Multivitamin 150
- Just Once Multivitamin 30
- Active Health Teen Multivitamin 90
- Nutristart Multivitamin Powder 30
- Men'S One Multivitamin 30

Rainbow Light (Cont'd)

Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 30
Prenatal One Multivitamin 90
Prenatal One Multivitamin 30
Kid'S One Multistars 90
Food Based Calcium
Active Senior Multivitamin 30
Men'S One Multivitamin 90
Women'S One Multivitamin 90
Everyday Calcium With Enzymes 240
Vitamin D 400 Iu Gummies 60
Rejuvenage 40+ Multi 120

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Baking Needs

Cherrybrook Kitchen

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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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

Cookies and Snack Bars

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

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So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis

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Alive Cap
Max Potency Multivitamin

Rainbow Light

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

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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Enjoy Life Foods (Cont'd)

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Candy and Chocolate

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Cinnamon

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