

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Columbus 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
- Gluten Free/Wheat Free Yellow Cake 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

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

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

- Coconut Almond Minis
- 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

Frozen Foods

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

- Just Once Multivitamin 30
- Food Based Calcium
- Women'S One Multivitamin 90
- Kid'S One Multistars 90
- Vitamin D 1,000 Iu Gummies 100
- Prenatal Petite Multivitamin 90
- Men'S One Multivitamin 150
- Prenatal One Multivitamin 150
- Complete Iron System 60
- Women'S One Multivitamin 150
- Men'S One Multivitamin 90
- Men'S One Multivitamin 30
- Active Senior Multivitamin 90
- Counter Attack 30

Rainbow Light (Cont'd)

Prenatal One Multivitamin 90
Food Based Calcium
Just Once Multivitamin 60
Rejuvenage 40+ Multi 120
Active Senior Multivitamin 30
Vitamin D 400 Iu Gummies 60
Calcium Citrate Mini Tabs 120
Vitamin D 1,000 Iu Gummies 50
Prenatal Multi Vitamin
Prenatal One Multivitamin 30
Active Health Teen Multivitamin 90
Nutristart Multivitamin Powder 30
Pain - Eze 30
Women'S One Multivitamin 30

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix
Chocolate Frosting Mix
Gluten Free/Wheat FreeYellow 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 Dressing, Tarragon Dijon Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Non Dairy Ranch
Organic Dressing, French
Organic Ketchup
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Frozen Foods

So Delicious

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Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

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Max Potency Multivitamin w/o Fe
Alive Cap

Rainbow Light

Food Based Calcium
Complete Iron System 60
Active Senior Multivitamin 30
Pain - Eze 30
Prenatal One Multivitamin 90
Food Based Calcium
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Men'S One Multivitamin 90
Men'S One Multivitamin 30
Women'S One Multivitamin 90
Counter Attack 30
Vitamin D 1,000 Iu Gummies 100
Active Health Teen Multivitamin 90
Prenatal Petite Multivitamin 90
Prenatal One Multivitamin 30
Rejuvenage 40+ Multi 120
Vitamin D 400 Iu Gummies 60
Prenatal Multi Vitamin
Prenatal One Multivitamin 150
Kid'S One Multistars 90
Men'S One Multivitamin 150

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

OrganicVille (Cont'd)

Original BBQ Sauce

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

Condiments**OrganicVille**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Frozen Foods**So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Coconut Almond Minis

Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce