

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fair Lakes 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
- Chocolate Frosting 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, Tarragon Dijon Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Ketchup
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Non Dairy Ranch

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

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

Desserts

So Delicious

- Peanut Butter Zigzag

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

So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis
- Coconut Milk Cookie Dough
- Peanut Butter Zigzag

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

- Prenatal One Multivitamin 90
- Women'S One Multivitamin 150
- Active Senior Multivitamin 30
- Just Once Iron-Free Multivitamin 120

Rainbow Light (Cont'd)

Nutristart Multivitamin Powder 30
Men'S One Multivitamin 90
Women'S One Multivitamin 30
Everyday Calcium With Enzymes 120
Pain - Eze 30
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 150
Food Based Calcium
Women'S One Multivitamin 90
Food Based Calcium
Active Health Teen Multivitamin 90
Complete Iron System 60
Prenatal Petite Multivitamin 90
Men'S One Multivitamin 30
Calcium Citrate Mini Tabs 120
Just Once Multivitamin 60
Prenatal One Multivitamin 30
Just Once Multivitamin 30
Kid'S One Multistars 90
Vitamin D 1,000 Iu Gummies 50
Everyday Calcium With Enzymes 240
Prenatal One Multivitamin 150
Vitamin D 1,000 Iu Gummies 100
Chewable Calcium Citrate Multi-Mins 45
Just Once Multivitamin 120
Active Senior Multivitamin 90
Counter Attack 30

Vibrant Health

Joint Vibrance Powder

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Dressing, French
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Tarragon Dijon 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
Soft Baked Double Chocolate Brownie Cookies
Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Desserts

So Delicious

Peanut Butter Zigzag

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

Peanut Butter Zigzag
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Chocolate Covered Vanilla Coconut Minis
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Max Potency Multivitamin w/o Fe
Max Potency Multivitamin
Max Potency Multivitamin
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin

Rainbow Light

Active Senior Multivitamin 90
Just Once Iron-Free Multivitamin 120
Chewable Calcium Citrate Multi-Mins 45
Men'S One Multivitamin 150
Food Based Calcium
Women'S One Multivitamin 90
Just Once Multivitamin 30

Rainbow Light (Cont'd)

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

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

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Original BBQ Sauce

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

OrganicVille

Original BBQ Sauce

Cookies and Snack Bars

Enjoy Life Foods

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

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Chocolate Covered Vanilla Coconut Minis

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Original BBQ Sauce