

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Georgetown 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.

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Dairy Alternatives

So Delicious

Coconut Almond Minis

Frozen Foods

So Delicious

Coconut Almond Minis

Nutritional Supplements

Rainbow Light

Prenatal One Multivitamin 90

Prenatal One Multivitamin 150

Cookies and Snack Bars

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Cookies and Snack Bars

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Soft Baked Double Chocolate Brownie Cookies

Dairy Alternatives

So Delicious

So Delicious (Cont'd)

Coconut Almond Minis

Frozen Foods

So Delicious

Coconut Almond Minis