

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



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

Condiments

Organicville

- Original BBQ Sauce

Organicville

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

Purely Decadent

Purely Decadent (Cont'd)

- Purely Decadent Cookie Dough

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

- Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

- Prenatal One Multivitamin 150
- Just Once Multivitamin 120
- Vitamin D 1,000 Iu Gummies 100
- Complete Iron System 60
- Just Once Iron-Free Multivitamin 120
- Women's One Multivitamin 90
- Active Senior Multivitamin 90

Rainbow Light (Cont'd)

Just Once Multivitamin 30
Vitamin D 400 Iu Gummies 60
Everyday Calcium With Enzymes 120
Food Based Calcium
Prenatal One Multivitamin 90
Food Based Calcium
Women'S One Multivitamin 30
Counter Attack 90
Men'S One Multivitamin 30
Prenatal One Multivitamin 30
Kid'S One Multistars 90
Counter Attack 30
Vitamin D 1,000 Iu Gummies 50

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 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 Ketchup
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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

Purely Decadent

Purely Decadent Cookie Dough

So Delicious

Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Purely Decadent Cookie Dough

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

Counter Attack 90
Prenatal One Multivitamin 90
Women'S One Multivitamin 90
Food Based Calcium
Active Senior Multivitamin 90
Complete Iron System 60
Prenatal One Multivitamin 30
Food Based Calcium
Just Once Multivitamin 120
Women'S One Multivitamin 30
Kid'S One Multistars 90
Men'S One Multivitamin 30
Counter Attack 30
Vitamin D 400 Iu Gummies 60
Vitamin D 1,000 Iu Gummies 100
Just Once Multivitamin 30
Just Once Iron-Free Multivitamin 120
Everyday Calcium With Enzymes 120
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 150

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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 Chocolate Chip Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Frozen Foods**So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Sauces/Salsas/Dips**Organicville**

Original BBQ Sauce