

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Harbor East 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

#### Enjoy Life Foods

Mini Chips

#### Hain

Baking Powder

### Condiments

#### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Non Dairy Ranch

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Ketchup

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### Cookies and Snack Bars

#### Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled

Cinnamon

Soft Baked Chocolate Chip Cookies

#### 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

### Frozen Foods

### 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

Max Potency Multivitamin

#### Rainbow Light

Men'S One Multivitamin 30

Prenatal One Multivitamin 30

Women'S One Multivitamin 150

Just Once Multivitamin 120

Just Once Multivitamin 60

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Complete Iron System 60

Kid'S One Multistars 90

Calcium Citrate Mini Tabs 120

Active Senior Multivitamin 90

Men'S One Multivitamin 90

Prenatal Petite Multivitamin 90

Just Once Iron-Free Multivitamin 120

Men'S One Multivitamin 150

Counter Attack 30

Nutristart Multivitamin Powder 30

Food Based Calcium

Women'S One Multivitamin 30

Vitamin D 1,000 Iu Gummies 50

Women'S One Multivitamin 90

### Baking Needs

## **Cherrybrook Kitchen**

Gluten Free/Wheat Free Yellow Cake Mix  
Chocolate Frosting Mix

## **Enjoy Life Foods**

Mini Chips

## **Hain**

Baking Powder

## **Condiments**

### **Organicville**

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

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

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

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **So Delicious**

Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Gluten Free/Wheat Free Yellow Cake Mix  
Chocolate Frosting 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  
Alive Cap  
Max Potency Multivitamin

### **Rainbow Light**

Just Once Multivitamin 120  
Women'S One Multivitamin 90  
Food Based Calcium  
Calcium Citrate Mini Tabs 120  
Men'S One Multivitamin 90  
Kid'S One Multistars 90  
Men'S One Multivitamin 30  
Men'S One Multivitamin 150  
Complete Iron System 60  
Nutristart Multivitamin Powder 30

## **Rainbow Light (Cont'd)**

Counter Attack 30  
Vitamin D 400 Iu Gummies 60  
Prenatal One Multivitamin 30  
Women'S One Multivitamin 150  
Prenatal One Multivitamin 150  
Prenatal Petite Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 30  
Active Senior Multivitamin 90  
Just Once Iron-Free Multivitamin 120  
Just Once Multivitamin 60

## **Baking Needs**

### **Enjoy Life Foods**

Mini Chips

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

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

## **Frozen Foods**

### **So Delicious**

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