

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Kentlands 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

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 Ketchup

Organic Dressing, French

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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

Coconut Almond Minis

So Delicious (Cont'd)

Chocolate Covered Vanilla Coconut Minis

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Coconut Almond Minis

Nutritional Supplements

Nature's Way Alive!

Alive Cap

Max Potency Multivitamin

Max Potency Multivitamin

Rainbow Light

Nutristart Multivitamin Powder 30

Everyday Calcium With Enzymes 240

Vitamin D 1,000 Iu Gummies 50

Active Senior Multivitamin 90

Men'S One Multivitamin 150

Prenatal One Multivitamin 90

Women'S One Multivitamin 150

Just Once Multivitamin 30

Women'S One Multivitamin 90

Prenatal One Multivitamin 30

Rainbow Light (Cont'd)

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

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

Baking Needs

Cherrybrook Kitchen

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

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

Desserts

So Delicious

Peanut Butter Zigzag

Entrees and Mixes

Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin
Alive Cap
Max Potency Multivitamin

Rainbow Light

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

Rainbow Light (Cont'd)

Vitamin D 1,000 Iu Gummies 50

Just Once Iron-Free Multivitamin 120

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 Double Chocolate Brownie Cookies

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

Desserts**So Delicious**

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Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Peanut Butter Zigzag

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce