

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Lexington\_Old 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

### Condiments

#### Organicville

Organic Ketchup

### Dairy Alternatives

#### So Delicious

Organic Creamy Vanilla

### Entrees and Mixes

#### Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

### Ethnic Foods

#### Organicville

Organic Sesame Teriyaki

### Frozen Foods

#### So Delicious

Organic Creamy Vanilla

### Nutritional Supplements

#### Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

Alive Cap

Max Potency Multivitamin w/o Fe

#### Rainbow Light

Active Senior Multivitamin 30

Just Once Multivitamin 120

Men'S One Multivitamin 90

Everyday Calcium With Enzymes 120

Calcium Citrate Mini Tabs 120

#### Rainbow Light (Cont'd)

Men'S One Multivitamin 150

Just Once Iron-Free Multivitamin 120

Active Health Teen Multivitamin 90

Complete Nutritional System 180

### Sauces/Salsas/Dips

#### Organicville

Organic Sesame Teriyaki

### Baking Needs

#### Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

### Condiments

#### Organicville

Organic Ketchup

### Dairy Alternatives

#### So Delicious

Organic Creamy Vanilla

### Entrees and Mixes

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Gluten Free/Wheat Free Yellow Cake Mix

### Ethnic Foods

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### Nutritional Supplements

#### Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

**Nature's Way Alive! (Cont'd)**

Alive Cap

Max Potency Multivitamin

**Rainbow Light**

Just Once Multivitamin 120

Men'S One Multivitamin 90

Calcium Citrate Mini Tabs 120

Everyday Calcium With Enzymes 120

Complete Nutritional System 180

Men'S One Multivitamin 150

Active Health Teen Multivitamin 90

Just Once Iron-Free Multivitamin 120

Active Senior Multivitamin 30

**Sauces/Salsas/Dips****Organicville**

Organic Sesame Teriyaki

**Dairy Alternatives****So Delicious**

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**Frozen Foods****So Delicious**

Organic Creamy Vanilla