

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Marlton 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
- Chocolate Frosting Mix
- Pancake and Baking Wheat Free/Gluten Free 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

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

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

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

- Nutristart Multivitamin Powder 30
- Vitamin D 400 Iu Gummies 60
- Women'S One Multivitamin 90
- Food Based Calcium
- Men'S One Multivitamin 30
- Everyday Calcium With Enzymes 120
- Kid'S One Multistars 90
- Just Once Multivitamin 120
- Complete Iron System 60
- Prenatal One Multivitamin 150

Rainbow Light (Cont'd)

Prenatal One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 30
Just Once Multivitamin 30
Women'S One Multivitamin 150
Active Health Teen Multivitamin 90
Active Senior Multivitamin 90
Active Senior Multivitamin 30
Men'S One Multivitamin 150
Just Once Iron-Free Multivitamin 120
Vitamin D 1,000 Iu Gummies 100
Men'S One Multivitamin 90
Prenatal Petite Multivitamin 90

Baking Needs

Cherrybrook Kitchen

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

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

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

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Purely Decadent

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So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

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Gluten Free/Wheat Free Yellow Cake Mix

Cherrybrook Kitchen (Cont'd)

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

Frozen Foods

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So Delicious

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Coconut Milk Cookie Dough

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Rainbow Light

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

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Candy and Chocolate

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

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