

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Mount Washington 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

#### 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 Ketchup

### 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

### Entrees and Mixes

#### Cherrybrook Kitchen

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

### Frozen Foods

#### So Delicious

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

### Nutritional Supplements

#### Nature's Way Alive!

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

#### Rainbow Light

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

## **Baking Needs**

### **Cherrybrook Kitchen**

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 Dairy-Free Rice Milk w/ Crispy Rice  
Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## **Condiments**

### **Organicville**

Organic Ketchup

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie 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

Pancake and Baking Wheat Free/Gluten Free 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 w/o Fe

Max Potency Multivitamin

Alive Cap

### **Rainbow Light**

Women'S One Multivitamin 90

Food Based Calcium

Active Senior Multivitamin 90

Prenatal One Multivitamin 150

Men'S One Multivitamin 90

Men'S One Multivitamin 150

Active Senior Multivitamin 30

Kid'S One Multistars 90

Counter Attack 30

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

Vitamin D 1,000 Iu Gummies 50

Prenatal One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Just Once Multivitamin 60

Active Health Teen Multivitamin 90

Prenatal Petite Multivitamin 90

Pain - Eze 30

Women'S One Multivitamin 150

Complete Iron System 60

Nutristart Multivitamin Powder 30

Just Once Multivitamin 120

Women'S One Multivitamin 30

Prenatal One Multivitamin 90

## **Baking Needs**

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

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

## **Cookies and Snack Bars**

### **Enjoy Life Foods**

Soft Baked Snickerdoodle Cookies Classic Sprinkled  
Cinnamon

Soft Baked Chocolate Chip Cookies

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 Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis