

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



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

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

Purely Decadent

Purely Decadent (Cont'd)

- Coconut Milk Mint Chip

So Delicious

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Max Potency Multivitamin
- Alive Cap

Rainbow Light

- Prenatal Multi Vitamin
- Just Once Iron-Free Multivitamin 120
- Food Based Calcium
- Women'S One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 50
- Counter Attack 30
- Men'S One Multivitamin 90
- Nutristart Multivitamin Powder 30
- Active Senior Multivitamin 90

Rainbow Light (Cont'd)

Men'S One Multivitamin 150
Complete Iron System 60
Everyday Calcium With Enzymes 120
Active Health Teen Multivitamin 90
Kid'S One Multistars 90
Prenatal One Multivitamin 90
Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 240
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 30
Women'S One Multivitamin 90
Just Once Multivitamin 60
Prenatal Petite Multivitamin 90

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
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

Original BBQ Sauce

Organicville

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

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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

Purely Decadent

Coconut Milk Mint Chip

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

Rainbow Light

Prenatal Petite Multivitamin 90
Active Senior Multivitamin 90
Just Once Multivitamin 60
Kid'S One Multistars 90
Men'S One Multivitamin 150
Women'S One Multivitamin 90
Nutristart Multivitamin Powder 30
Women'S One Multivitamin 30
Food Based Calcium
Prenatal One Multivitamin 150
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 120
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 150
Vitamin D 1,000 Iu Gummies 50
Counter Attack 30
Prenatal One Multivitamin 90
Everyday Calcium With Enzymes 240
Active Health Teen Multivitamin 90
Just Once Iron-Free Multivitamin 120
Men'S One Multivitamin 90
Prenatal Multi Vitamin
Complete Iron System 60

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

OrganicVille (Cont'd)

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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

Condiments**OrganicVille**

Original BBQ Sauce

Cookies and Snack Bars**Enjoy Life Foods**

Soft Baked Chocolate Chip Cookies

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Frozen Foods**Purely Decadent**

Coconut Milk Mint Chip

So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

Nutritional Supplements**Rainbow Light**

Prenatal Multi Vitamin

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce