

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Philadelphia 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

#### Arrowhead Mills

Gluten Free All Purpose Baking Mix

#### Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Frosting Mix

#### Hain

Baking Powder

### Candy and Chocolate

#### Enjoy Life

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

Chocolate Bar

### Cereal

#### Arrowhead Mills

Organic Maple Buckwheat Flakes

### Condiments

#### Organicville

Original BBQ Sauce

#### Organicville

Organic Ketchup

### Cookies and Snack Bars

#### So Delicious

Coconut Milk Cookie Dough

### Dairy Alternatives

#### Purely Decadent

Coconut Milk Mint Chip

#### So Delicious

Organic Neopolitan

### Entrees and Mixes

#### Arrowhead Mills

Gluten Free All Purpose Baking Mix

#### Cherrybrook Kitchen

Gluten Free/Wheat Free Yellow Cake Mix

Chocolate Frosting Mix

Pancake and Baking Wheat Free/Gluten Free Mix

### Frozen Foods

#### Ian's Natural Foods

Popcorn Turkey Corn Dogs

Chicken Nuggets, Allergen Free

Chicken Fingers, Allergen Free

#### Purely Decadent

Coconut Milk Mint Chip

#### So Delicious

Organic Neopolitan

Coconut Milk Cookie Dough

### Nutritional Supplements

#### Nature's Way Alive!

Max Potency Multivitamin

Max Potency Multivitamin w/o Fe

Max Potency Multivitamin

#### Rainbow Light

Complete Prenatal System 180

Active Senior Multivitamin 90

Women'S One Multivitamin 30

Just Once Iron-Free Multivitamin 120

Men'S One Multivitamin 90

Probioactive 1B 90

Prenatal Petite Multivitamin 180

Men'S One Multivitamin 30

Women'S One Multivitamin 90

Food Based Calcium

Vitamin D 400 Iu Gummies 60

Women'S One Multivitamin 150

Just Once Multivitamin 120

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

Everyday Calcium With Enzymes 120  
Active Senior Multivitamin 30  
Prenatal Petite Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Food Based Calcium

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free All Purpose Baking Mix

### **Cherrybrook Kitchen**

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

### **Hain**

Baking Powder

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Ketchup

## **Cookies and Snack Bars**

### **So Delicious**

Coconut Milk Cookie Dough

## **Dairy Alternatives**

### **Purely Decadent**

Coconut Milk Mint Chip

### **So Delicious**

Organic Neopolitan

## **Entrees and Mixes**

### **Arrowhead Mills**

Gluten Free All Purpose Baking Mix

### **Cherrybrook Kitchen**

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

## **Frozen Foods**

### **Ian's Natural Foods**

Chicken Fingers, Allergen Free  
Popcorn Turkey Corn Dogs  
Chicken Nuggets, Allergen Free

### **Purely Decadent**

Coconut Milk Mint Chip

## **So Delicious**

Coconut Milk Cookie Dough  
Organic Neopolitan

## **Nutritional Supplements**

### **Nature's Way Alive!**

Max Potency Multivitamin  
Max Potency Multivitamin w/o Fe  
Max Potency Multivitamin

### **Rainbow Light**

Probioactive 1B 90  
Women'S One Multivitamin 150  
Prenatal Petite Multivitamin 90  
Just Once Iron-Free Multivitamin 120  
Men'S One Multivitamin 90  
Women'S One Multivitamin 90  
Everyday Calcium With Enzymes 120  
Just Once Multivitamin 120  
Active Senior Multivitamin 30  
Men'S One Multivitamin 30  
Food Based Calcium  
Vitamin D 400 Iu Gummies 60  
Prenatal Petite Multivitamin 180  
Active Senior Multivitamin 90  
Complete Prenatal System 180  
Vitamin D 1,000 Iu Gummies 50  
Women'S One Multivitamin 30  
Food Based Calcium

## **Sauces/Salsas/Dips**

### **OrganicVille**

Original BBQ Sauce

## **Baking Needs**

### **Arrowhead Mills**

Gluten Free All Purpose Baking Mix

## **Candy and Chocolate**

### **Enjoy Life**

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

## **Cereal**

### **Arrowhead Mills**

Organic Maple Buckwheat Flakes

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

## **Cookies and Snack Bars**

### **So Delicious**

Coconut Milk Cookie Dough

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