

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Plymouth Meeting 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
- Gluten Free/Wheat Free Yellow Cake 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

### Cereal

#### Arrowhead Mills

- Organic Yellow Corn Grits

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Non Dairy Ranch
- Organic Ketchup

### 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

### Dairy Alternatives

#### So Delicious

- Chocolate Covered Vanilla Coconut Minis

#### So Delicious (Cont'd)

- Organic Creamy Vanilla
- Coconut Almond Minis

### Entrees and Mixes

#### Cherrybrook Kitchen

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

### Ethnic Foods

#### Organicville

- Organic Sesame Teriyaki

### Frozen Foods

#### So Delicious

- Chocolate Covered Vanilla Coconut Minis
- Organic Creamy Vanilla
- Coconut Almond Minis

### Nutritional Supplements

#### Nature's Way Alive!

- Max Potency Multivitamin w/o Fe

#### Rainbow Light

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

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

Just Once Multivitamin 60  
Active Senior Multivitamin 30  
Kid'S One Multistars 90  
Active Health Teen Multivitamin 90  
Nutristart Multivitamin Powder 30  
Prenatal One Multivitamin 90  
Men'S One Multivitamin 30  
Prenatal One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Food Based Calcium  
Men'S One Multivitamin 150  
Everyday Calcium With Enzymes 240  
Women'S One Multivitamin 30  
Men'S One Multivitamin 90  
Just Once Multivitamin 120

## **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  
Chocolate Frosting 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

## **Cereal**

### **Arrowhead Mills**

Organic Yellow Corn Grits

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

Organic Ketchup  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic 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

## **Dairy Alternatives**

## **So Delicious**

Chocolate Covered Vanilla Coconut Minis  
Organic Creamy Vanilla  
Coconut Almond Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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

## **Ethnic Foods**

### **Organicville**

Organic Sesame Teriyaki

## **Frozen Foods**

### **So Delicious**

Coconut Almond Minis  
Organic Creamy Vanilla  
Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

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

Max Potency Multivitamin w/o Fe

### **Rainbow Light**

Everyday Calcium With Enzymes 240  
Active Senior Multivitamin 30  
Women'S One Multivitamin 30  
Men'S One Multivitamin 150  
Vitamin D 1,000 Iu Gummies 100  
Vitamin D 400 Iu Gummies 60  
Men'S One Multivitamin 90  
Men'S One Multivitamin 30  
Prenatal One Multivitamin 90  
Vitamin D 1,000 Iu Gummies 50  
Just Once Iron-Free Multivitamin 120  
Food Based Calcium  
Just Once Multivitamin 30  
Women'S One Multivitamin 150  
Kid'S One Multistars 90  
Active Senior Multivitamin 90  
Prenatal Petite Multivitamin 180  
Food Based Calcium  
Counter Attack 30  
Women'S One Multivitamin 90  
Prenatal One Multivitamin 30  
Just Once Multivitamin 60  
Nutristart Multivitamin Powder 30  
Active Health Teen Multivitamin 90  
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Complete Iron System 60  
Just Once Multivitamin 120  
Everyday Calcium With Enzymes 120

## **Sauces/Salsas/Dips**

### **OrganicVille**

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

**Cereal****Arrowhead Mills**

Organic Yellow Corn Grits

**Condiments****OrganicVille**

Original BBQ Sauce

**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

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

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

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

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Almond Minis

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce