

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Providence Store, North 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

Ener-G Foods

- Tapioca Flour
- Egg Replacer

Enjoy Life Foods

- Mini Chips

Candy and Chocolate

Enjoy Life

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

Condiments

Organicville

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

The Ginger People

- Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

- Gluten Free Cocoa Loco Snack Bar

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

Ener-G Foods

- Egg Replacer

Purely Decadent

- Coconut Milk Mint Chip

Entrees and Mixes

Cherrybrook Kitchen

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

Frozen Foods

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

- Coconut Milk Cookie Dough

Nutritional Supplements

Rainbow Light

- Vitamin D 1,000 Iu Gummies 50
- Women'S One Multivitamin 90
- Kid'S One Multistars 30
- Active Senior Multivitamin 90
- Gummy Omegalicious 30
- Nail, Hair & Skin Connection 60
- Women'S Nutritional System 180
- Prenatal Petite Multivitamin 90
- Counter Attack 30
- Prenatal One Multivitamin 90
- Men'S One Multivitamin 90
- Kid'S One Multistars 90
- Active Health Teen Multivitamin 90
- Calcium Citrate Mini Tabs 120
- Prenatal One Multivitamin 30

Rainbow Light (Cont'd)

Food Based Calcium
Super C 1000 60
Women'S One Multivitamin 30
Men'S One Multivitamin 30
Counter Attack 90
Prenatal One Multivitamin 150
Just Once Multivitamin 60
Chewable Calcium Citrate Multi-Mins 45
Vitamin D 400 Iu Gummies 60
Men'S One Multivitamin 150
Food Based Calcium

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

Cherrybrook Kitchen

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Gluten Free/Wheat Free Yellow Cake Mix

Ener-G Foods

Tapioca Flour
Egg Replacer

Enjoy Life Foods

Mini Chips

Candy and Chocolate

Enjoy Life

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

Condiments

Organicville

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

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

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Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

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Soft Baked Chocolate Chip Cookies
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So Delicious

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Purely Decadent

Coconut Milk Mint Chip

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So Delicious

Coconut Milk Cookie Dough

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Kid'S One Multistars 30
Prenatal One Multivitamin 90
Women'S Nutritional System 180
Active Health Teen Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Counter Attack 90
Nail, Hair & Skin Connection 60
Super C 1000 60
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Women'S One Multivitamin 90
Men'S One Multivitamin 30
Chewable Calcium Citrate Multi-Mins 45
Counter Attack 30
Food Based Calcium
Vitamin D 400 Iu Gummies 60
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Gummy Omegalicious 30
Active Senior Multivitamin 90
Calcium Citrate Mini Tabs 120
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Women'S One Multivitamin 30
Men'S One Multivitamin 90
Kid'S One Multistars 90

Vibrant Health

Dumontiaceae Red Algae

Sauces/Salsas/Dips

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Baking Needs

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Egg Replacer
Tapioca Flour

Enjoy Life Foods

Enjoy Life Foods (Cont'd)

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Candy and Chocolate

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Boom Choco Boom Dark Chocolate Bar

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