

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Reston 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

- 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 Ketchup

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

So Delicious

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

Entrees and Mixes

Cherrybrook Kitchen

Cherrybrook Kitchen (Cont'd)

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

- Vitamin D 1,000 Iu Gummies 50
- Women'S One Multivitamin 90
- Men'S One Multivitamin 90
- Food Based Calcium
- Prenatal One Multivitamin 90
- Counter Attack 30
- Nutristart Multivitamin Powder 30
- Just Once Iron-Free Multivitamin 120
- Just Once Multivitamin 120
- Active Health Teen Multivitamin 90
- Prenatal One Multivitamin 30
- Just Once Multivitamin 30
- Chewable Calcium Citrate Multi-Mins 45
- Food Based Calcium
- Complete Iron System 60
- Vitamin D 400 Iu Gummies 60

Rainbow Light (Cont'd)

Women'S One Multivitamin 150
Active Senior Multivitamin 90
Women'S One Multivitamin 30
Men'S One Multivitamin 150
Everyday Calcium With Enzymes 240
Kid'S One Multistars 90
Prenatal One Multivitamin 150
Everyday Calcium With Enzymes 120
Vitamin D 1,000 Iu Gummies 100

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Organicville

Organic Sesame Teriyaki

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

Condiments

OrganicVille

Original BBQ Sauce

Organicville

Organic Ketchup

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

So Delicious

Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

Organicville (Cont'd)

Organic Sesame Teriyaki

Frozen Foods

So Delicious

Coconut Milk Cookie Dough
Chocolate Covered Vanilla Coconut Minis
Coconut Almond Minis
Organic Creamy Vanilla

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin w/o Fe
Max Potency Multivitamin

Rainbow Light

Active Health Teen Multivitamin 90
Food Based Calcium
Men'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Counter Attack 30
Kid'S One Multistars 90
Prenatal One Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 120
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 90
Just Once Multivitamin 30
Just Once Iron-Free Multivitamin 120
Everyday Calcium With Enzymes 240
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Complete Iron System 60
Women'S One Multivitamin 150
Just Once Multivitamin 120
Women'S One Multivitamin 30
Chewable Calcium Citrate Multi-Mins 45
Active Senior Multivitamin 90
Nutristart Multivitamin Powder 30

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

Condiments

OrganicVille

Original BBQ Sauce

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

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Coconut Milk Cookie Dough

Dairy Alternatives**So Delicious**

Chocolate Covered Vanilla Coconut Minis

Organic Creamy Vanilla

Coconut Almond Minis

Frozen Foods**So Delicious**

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce