

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Springfield 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

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

Enjoy Life Foods

- Mini Chips

Hain

- Baking Powder

Breakfast Foods

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

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

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

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
- Chocolate Frosting Mix
- Gluten Free/Wheat Free Yellow Cake Mix

Frozen Foods

Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free

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 w/o Fe

Rainbow Light

- Women'S One Multivitamin 150
- Men'S One Multivitamin 90
- Food Based Calcium
- Women'S One Multivitamin 30
- Active Senior Multivitamin 30
- Active Senior Multivitamin 90
- Nutristart Multivitamin Powder 30
- Men'S One Multivitamin 150

Rainbow Light (Cont'd)

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

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

Baking Needs

Cherrybrook Kitchen

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

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Breakfast Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

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

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

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Entrees and Mixes

Cherrybrook Kitchen

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

Frozen Foods

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

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

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

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 Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

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

Frozen Foods

So Delicious

Coconut Almond Minis

Organic Creamy Vanilla

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce