

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Silver Spring 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

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

Cookies and Snack Bars

Enjoy Life Foods

- Soft Baked Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
- Soft Baked Double Chocolate Brownie Cookies

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

So Delicious (Cont'd)

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

Entrees and Mixes

Cherrybrook Kitchen

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

Ethnic Foods

Organicville

- Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

- Active Health Teen Multivitamin 90
- Active Senior Multivitamin 90
- Prenatal Petite Multivitamin 90
- Prenatal One Multivitamin 150
- Men'S One Multivitamin 90
- Vitamin D 1,000 Iu Gummies 100
- Everyday Calcium With Enzymes 240
- Prenatal One Multivitamin 90

Rainbow Light (Cont'd)

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

Vibrant Health

Joint Vibrance Powder

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
Chocolate Frosting Mix

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

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

Organicville

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

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Chocolate Chip Cookies

Enjoy Life Foods (Cont'd)

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon
Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

Organic Creamy Vanilla
Chocolate Covered Vanilla Coconut Minis
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

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Frozen Foods

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

Max Potency Multivitamin
Max Potency Multivitamin w/o Fe
Max Potency Multivitamin
Alive Cap

Rainbow Light

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

Rainbow Light (Cont'd)

Vitamin D 400 Iu Gummies 60
Just Once Multivitamin 60
Food Based Calcium
Prenatal One Multivitamin 30
Complete Iron System 60
Just Once Multivitamin 120

Vibrant Health

Joint Vibrance Powder

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 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
Coconut Almond Minis
Organic Creamy Vanilla

Frozen Foods**So Delicious**

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

Sauces/Salsas/Dips**OrganicVille**

Original BBQ Sauce