

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



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

Condiments

Organicville

- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, French
- Organic Dressing, Non Dairy Ranch
- Organic Ketchup
- Organic Dressing, Tarragon Dijon Vinaigrette
- 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

So Delicious

- Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Desserts

So Delicious

- Peanut Butter Zigzag

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

Purely Decadent

- Coconut Milk Mint Chip

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

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

Rainbow Light

- Men'S One Multivitamin 150
- Active Health Teen Multivitamin 90
- Food Based Calcium
- Pain - Eze 30
- Nutristart Multivitamin Powder 30

Rainbow Light (Cont'd)

Men'S One Multivitamin 90
Vitamin D 1,000 Iu Gummies 100
Women'S One Multivitamin 150
Just Once Multivitamin 120
Prenatal Petite Multivitamin 90
Calcium Citrate Mini Tabs 120
Food Based Calcium
Women'S One Multivitamin 30
Prenatal One Multivitamin 150
Women'S One Multivitamin 90
Men'S One Multivitamin 30
Counter Attack 30
Everyday Calcium With Enzymes 240
Just Once Multivitamin 30
Prenatal One Multivitamin 30
Everyday Calcium With Enzymes 120
Vitamin D 400 Iu Gummies 60
Complete Iron System 60
Just Once Multivitamin 60
Rejuvenage 40+ Multi 120
Active Senior Multivitamin 30
Active Senior Multivitamin 90
Mintasure 75
Vitamin D 1,000 Iu Gummies 50
Kid'S One Multistars 90
Prenatal One Multivitamin 90

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

Condiments

Organicville

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

Cookies and Snack Bars

Enjoy Life Foods

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Enjoy Life Foods (Cont'd)

Soft Baked Chocolate Chip Cookies
Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla

Desserts

So Delicious

Peanut Butter Zigzag

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

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Peanut Butter Zigzag
Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis
Organic Creamy Vanilla
Coconut Milk Cookie Dough

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Food Based Calcium
Active Senior Multivitamin 90
Vitamin D 1,000 Iu Gummies 50
Prenatal One Multivitamin 30
Women'S One Multivitamin 150
Rejuvenage 40+ Multi 120
Women'S One Multivitamin 90
Just Once Multivitamin 60
Just Once Multivitamin 120
Mintasure 75
Women'S One Multivitamin 30
Men'S One Multivitamin 30
Men'S One Multivitamin 90

Rainbow Light (Cont'd)

Everyday Calcium With Enzymes 240
Prenatal One Multivitamin 150
Active Health Teen Multivitamin 90
Prenatal Petite Multivitamin 90
Kid'S One Multistars 90
Counter Attack 30
Calcium Citrate Mini Tabs 120
Complete Iron System 60
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Prenatal One Multivitamin 90
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Active Senior Multivitamin 30
Nutristart Multivitamin Powder 30

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Mini Chips

Candy and Chocolate

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

Cookies and Snack Bars

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Cinnamon
Soft Baked Double Chocolate Brownie Cookies
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