

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



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

### Condiments

#### Organicville

- Original BBQ Sauce

#### Organicville

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

### 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

#### So Delicious (Cont'd)

- Chocolate Covered Vanilla Coconut Minis
- Coconut Almond Minis

### Entrees and Mixes

#### Cherrybrook Kitchen

- 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

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

### Nutritional Supplements

#### Nature's Way Alive!

- Alive Cap

#### Rainbow Light

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

## **Rainbow Light (Cont'd)**

Food Based Calcium  
Just Once Multivitamin 60  
Prenatal One Multivitamin 30  
Prenatal One Multivitamin 150  
Kid'S One Multistars 90  
Everyday Calcium With Enzymes 120  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 90  
Men'S One Multivitamin 150  
Everyday Calcium With Enzymes 240  
Men'S One Multivitamin 30  
Active Senior Multivitamin 90

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

## **Condiments**

### **OrganicVille**

Original BBQ Sauce

### **Organicville**

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

## **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**

Chocolate Covered Vanilla Coconut Minis  
Coconut Almond Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

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 Milk Cookie Dough  
Coconut Almond Minis  
Chocolate Covered Vanilla Coconut Minis

## **Nutritional Supplements**

### **Nature's Way Alive!**

Alive Cap

### **Rainbow Light**

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

## **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 Dark Chocolate Bar

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

**Condiments****OrganicVille**

Original BBQ Sauce

**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**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

**Frozen Foods****So Delicious**

Coconut Almond Minis

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

**Sauces/Salsas/Dips****OrganicVille**

Original BBQ Sauce