

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Vienna 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

- 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 Dark Chocolate Bar

Cereal

Arrowhead Mills

- Organic Yellow Corn Grits

Condiments

OrganicVille

- Original BBQ Sauce

Organicville

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

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

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis

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

So Delicious

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

Nutritional Supplements

Nature's Way Alive!

- Alive Cap
- Max Potency Multivitamin

Rainbow Light

- Active Senior Multivitamin 30
- Men'S One Multivitamin 30
- Women'S One Multivitamin 90
- Active Health Teen Multivitamin 90
- Counter Attack 30
- Kid'S One Multistars 90
- Just Once Multivitamin 30
- Just Once Multivitamin 60
- Women'S One Multivitamin 150
- Prenatal One Multivitamin 90
- Men'S One Multivitamin 150
- Food Based Calcium
- Prenatal One Multivitamin 150
- Vitamin D 1,000 Iu Gummies 50

Rainbow Light (Cont'd)

Active Senior Multivitamin 90
Complete Iron System 60
Everyday Calcium With Enzymes 240
Prenatal Petite Multivitamin 90
Vitamin D 400 Iu Gummies 60
Women'S One Multivitamin 30
Food Based Calcium
Nutristart Multivitamin Powder 30
Men'S One Multivitamin 90

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce

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 Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Condiments

OrganicVille

Original BBQ Sauce

Organicville

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

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

Coconut Almond Minis
Chocolate Covered Vanilla Coconut Minis

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

So Delicious

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

Nutritional Supplements

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Max Potency Multivitamin
Alive Cap

Rainbow Light

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

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 Dark Chocolate Bar

Cereal

Arrowhead Mills

Organic Yellow Corn Grits

Condiments

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Original BBQ Sauce

Cookies and Snack Bars

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Soft Baked Snickerdoodle Cookies Classic Sprinkled
Cinnamon

Soft Baked Double Chocolate Brownie Cookies

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So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

So Delicious

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Chocolate Covered Vanilla Coconut Minis

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So Delicious

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Coconut Milk Cookie Dough

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Sauces/Salsas/Dips

OrganicVille

Original BBQ Sauce