

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



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

### Cereal

#### Arrowhead Mills

- Organic Yellow Corn Grits

### Condiments

#### Organicville

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

- Coconut Almond Minis
- Chocolate Covered Vanilla Coconut Minis

### Entrees and Mixes

#### Cherrybrook Kitchen

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

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

#### Rainbow Light

- Food Based Calcium
- Prenatal One Multivitamin 30
- Food Based Calcium
- Active Senior Multivitamin 30
- Counter Attack 30
- Kid'S One Multistars 90
- Nutristart Multivitamin Powder 30
- Everyday Calcium With Enzymes 120
- Everyday Calcium With Enzymes 240
- Just Once Multivitamin 120
- Vitamin D 1,000 Iu Gummies 50

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

Just Once Multivitamin 30  
Men'S One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Women'S One Multivitamin 30  
Men'S One Multivitamin 150  
Women'S One Multivitamin 150  
Prenatal One Multivitamin 150  
Just Once Iron-Free Multivitamin 120  
Vitamin D 1,000 Iu Gummies 100  
Active Senior Multivitamin 90  
Prenatal One Multivitamin 90  
Women'S One Multivitamin 90

## **Sauces/Salsas/Dips**

### **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

## **Cereal**

### **Arrowhead Mills**

Organic Yellow Corn Grits

## **Condiments**

### **Organicville**

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

## **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**

### **So Delicious**

Chocolate Covered Vanilla Coconut Minis

## **So Delicious (Cont'd)**

Coconut Almond Minis

## **Entrees and Mixes**

### **Cherrybrook Kitchen**

Chocolate Frosting Mix  
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 Almond Minis  
Coconut Milk Cookie Dough

## **Nutritional Supplements**

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

Max Potency Multivitamin w/o Fe  
Max Potency Multivitamin

### **Rainbow Light**

Nutristart Multivitamin Powder 30  
Prenatal One Multivitamin 90  
Prenatal One Multivitamin 30  
Women'S One Multivitamin 90  
Everyday Calcium With Enzymes 120  
Just Once Iron-Free Multivitamin 120  
Vitamin D 1,000 Iu Gummies 100  
Women'S One Multivitamin 150  
Active Senior Multivitamin 90  
Just Once Multivitamin 120  
Vitamin D 1,000 Iu Gummies 50  
Everyday Calcium With Enzymes 240  
Men'S One Multivitamin 90  
Vitamin D 400 Iu Gummies 60  
Counter Attack 30  
Men'S One Multivitamin 150  
Active Senior Multivitamin 30  
Kid'S One Multistars 90  
Prenatal One Multivitamin 150  
Just Once Multivitamin 30  
Women'S One Multivitamin 30  
Food Based Calcium  
Food Based Calcium

## **Sauces/Salsas/Dips**

### **Organicville**

Organic Sesame Teriyaki

## **Baking Needs**

### **Enjoy Life Foods**

Mini Chips

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dark Chocolate Bar

**Enjoy Life (Cont'd)**

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

**Cereal****Arrowhead Mills**

Organic Yellow Corn Grits

**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****So Delicious**

Chocolate Covered Vanilla Coconut Minis

Coconut Almond Minis

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

Chocolate Covered Vanilla Coconut Minis

Coconut Milk Cookie Dough

Coconut Almond Minis