

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wheaton Store, Midwest 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.

Baked Goods

WFM Gluten Free Bakehouse

Honey Oat Bread

Baking Needs

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Ener-G Foods

Xanthum Gum

Hain

Baking Powder

Bread

WFM Gluten Free Bakehouse

Honey Oat Bread

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 Rice Flakes Sweetened Cereal

Condiments

Organicville

Organic Tangy BBQ Sauce

Cookies and Snack Bars

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Chocolate Covered Vanilla Coconut Minis

So Delicious (Cont'd)

Coconut Almond Minis

Entrees and Mixes

Cherrybrook Kitchen

Pancake and Baking Wheat Free/Gluten Free Mix

Frozen Foods

Ian's Natural Foods

Fish Sticks, Allergen Free

Chicken Nuggets, Allergen Free

Purely Decadent

Coconut Milk Mint Chip

So Delicious

Coconut Almond Minis

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Rainbow Light

Vitamin D 1,000 Iu Gummies 50

Kid'S One Multistars 90

Prenatal Petite Multivitamin 90

Women'S One Multivitamin 30

Kid'S One Multistars 30

Counter Attack 30

Women'S One Multivitamin 90

Men'S One Multivitamin 30

Active Senior Multivitamin 90

Prenatal One Multivitamin 30

Active Health Teen Multivitamin 90

Men'S One Multivitamin 90

Prenatal One Multivitamin 150

Vitamin D 400 Iu Gummies 60

Nutristart Multivitamin Powder 30

Sauces/Salsas/Dips

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Rainbow Light (Cont'd)

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Men'S One Multivitamin 90

Nutristart Multivitamin Powder 30

Vitamin D 400 Iu Gummies 60

Prenatal One Multivitamin 150

Vitamin D 1,000 Iu Gummies 50

Counter Attack 30

Prenatal One Multivitamin 30

Women'S One Multivitamin 30

Kid'S One Multistars 90

Active Senior Multivitamin 90

Men'S One Multivitamin 30

Women'S One Multivitamin 90

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