

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wynnewood 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

Ener-G Foods

Egg Replacer

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dark Chocolate Bar

Condiments

Organicville

Organic Ketchup

Dairy Alternatives

Ener-G Foods

Egg Replacer

Entrees and Mixes

Cherrybrook Kitchen

Chocolate Frosting Mix

Gluten Free/Wheat Free Yellow Cake Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Nutritional Supplements

Rainbow Light

Food Based Calcium

Kid'S One Multistars 90

Kid'S One Multistars 30

Women'S One Multivitamin 90

Women'S One Multivitamin 150

Prenatal One Multivitamin 30

Pain - Eze 30

Allerstan Quick Response 30

Rainbow Light (Cont'd)

Men'S One Multivitamin 150

Women'S One Multivitamin 30

Complete Prenatal System 180

Men'S One Multivitamin 90

Men'S One Multivitamin 30

Vitamin D 400 Iu Gummies 60

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki

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Organicville

Organic Sesame Teriyaki

Nutritional Supplements

Rainbow Light

- Women'S One Multivitamin 30
- Kid'S One Multistars 30
- Women'S One Multivitamin 90
- Food Based Calcium
- Men'S One Multivitamin 90
- Kid'S One Multistars 90
- Men'S One Multivitamin 150
- Men'S One Multivitamin 30
- Prenatal One Multivitamin 30
- Women'S One Multivitamin 150
- Complete Prenatal System 180
- Pain - Eze 30
- Allerstan Quick Response 30
- Vitamin D 400 Iu Gummies 60

Sauces/Salsas/Dips

Organicville

- Organic Sesame Teriyaki

Baking Needs

Ener-G Foods

- Egg Replacer

Candy and Chocolate

Enjoy Life

- Boom Choco Boom Dark Chocolate Bar

Dairy Alternatives

Ener-G Foods

- Egg Replacer