

# Wheat Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Tamarac Store, Rocky Mountain 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 wheat-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

As of July 20, 2009, we have taken these lists offline temporarily. We are currently in the process of working with our suppliers to update and verify that their manufacturing practices qualify their products for inclusion on our lists. We take food allergies and dietary restrictions very seriously, and were taking some extra time to make sure that the product lists we publish are as accurate as possible. You can look for the updated list right here in the near future. In the mean time, we recommend that you carefully read product labels and/or check with the manufacturer to determine if a product is right for your diet.

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