

FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

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WHEAT FREE DIET

Avoid foods that contain any of these ingredients:

- Bread crumbs
- Bran
- Bulgur (cracked wheat)
- Cereal extract
- Cracker meal
- Couscous
- Enriched flour
- Farina
- Flour
- Gluten
- Graham flour
- High gluten flour
- High protein flour
- Malt
- Semolina
- Unbleached flour
- Wheat bran
- Wheat germ
- Wheat grain
- Wheat gluten
- Wheat starch
- White flour
- Whole wheat flour

The following ingredients MAY have wheat present:

- Gelatinized starch
- Hydrolyzed vegetable protein
- Modified food starch
- Natural flavoring
- Soy sauce
- Starch
- Vegetable gum
- Vegetable starch

(continued)

Noteworthy

- Food companies continually change product recipes so continue to read all labels.
- If you have a question on a specific food, call the manufacturer.
- SOME wheat allergic people are allergic to other grains.
- Hispanic and Asian cuisines use rice as a staple. Check cookbooks for wheat free recipes.
- Gluten-free also means wheat free.
- In addition to the Food Allergy Network, organizations for patients with Celiac Disease are a useful resource.

Other hints on what to avoid and wheat-free suggestions

- **ALWAYS** read labels. **ALWAYS** ask about ingredients in restaurants, bakeries, etc. **ALWAYS** call the company if you have a question (they will be most accommodating if you tell them you have a wheat allergy). **WHEN IN DOUBT: DO NOT EAT IT!**
- Avoid all foods containing wheat or wheat products (see list above). Pay particular attention to breads, cereals, cookies, cakes, baked good mixes, and other baked products. *Suggestions:* Use only baked products that contain rye, oat, corn, barley, rice, or potato flour, but that are 100%wheat-free. You can use ½ cup rice flour and ½ cup oat flour as a substitute for 1 cup of wheat flour. Use corn tortillas. Any corn, oat, rice, or rye cereal without wheat is OK. Read all labels carefully.
- Most pasta is a wheat product and must be avoided. *Suggestions:* Spaghetti squash and rice noodles are great substitutes for regular pasta. Rice and potatoes are excellent sources of carbohydrates.
- Beer, gin, and some whiskeys, as well as some other alcoholic beverages may contain wheat and should be avoided. *Suggestions:* Most other beverages are acceptable, including milk, fruit juices, and carbonated beverages.
- Read labels on processed meats, cheeses, and soups carefully. Prepackaged vegetables in sauces often contain wheat as fillers. *Suggestions:* Do not use processed foods. Fresh, frozen and canned vegetables are your best choice. Dishes made from fresh, wheat-free ingredients are safe.