

# **Wheat Allergy Information**

## **Avoid foods with the following ingredients:**

All-purpose flour, bleached flour, bran, bread crumbs, breakfast cereals, bulgar, cornstarch, couscous, durum wheat, enriched flour, farina, gelatinized starch, gluten, graham flour, hard durum flour, high gluten flour, hydrolyzed vegetable protein, kamut, miller's bran, modified food starch, modified starch, MSG, semolina, spelt, vegetable gum or starch, vital gluten, wheat bran, wheat germ, wheat flour, wheat gluten, wheat starch, whole wheat flour.

## **Common foods containing wheat:**

1. Baby foods such as mixed cereals, cookies, teething biscuits, prepared puddings and custards.
2. Breads, cakes, cookies, crackers, and pretzels.
3. Breakfast foods which may contain any wheat such as: Cream of Wheat, Pablum, Grapenuts, Farina, Ralston's Pep, Mead's cereal, Wheaties, Puffed wheat, Shredded wheat, Triscuits, Pretzels, muffins, doughnuts.
4. Macaroni, spaghetti noodles, vermicelli, ravioli.
5. Pastries, pies, bread crumbs, waffles, pancakes, ice cream cones.
6. Postum, Ovaltine, Malted Milk, Vivavose, beer, and ale.
7. Sauces, chowders, soups such as Campbell's Chicken Soup, gravies, chocolate, candy bars.
8. Sausage, hamburger or meatloaf (unless ground at home without wheat filler) or croquettes, fish rolled in crackers, wiener schnitzel, chili con carne, or canned baked beans.
9. Scalloped potatoes, Au gratin potatoes, dumplings.

## **Substitutes for Wheat:**

1. As a substitute for hot cereal, you may use cornmeal mush, oatmeal, or Cream of Rice.
2. As a dry cereal, you may use Corn Flakes, Rice Krispies, Puffed Rice, and Rice Flakes.
3. As a bread substitute, you may use Ry-Krisp Crackers. If desired, rice cookies and wheat free soy bean bread may be used.
4. As a sweet substitute, you may have hard candy, sugar, honey, jam, jelly.
5. As a potato substitute, you may have boiled, baked, fried, mashed, or sweet potatoes.

**\*\*Remember to avoid wheat in any form. Read all labels carefully**