



Wheat allergy

EATING A WHEAT-FREE DIET

A wheat allergy occurs when the body's immune system mistakenly believes wheat and wheat products are harmful. The body produces antibodies that trigger an allergic reaction. Eating a wheat-free diet will help you feel better and avoid allergic reactions to your food.

Eating a wheat-free diet:

Food Group	Foods to Avoid	Foods Likely Allowed
Beverages	Malted beverages, Ovaltine®	Milk, soda, juice, coffee, tea, punch
Breads and Cereals	Buckwheat and graham flour, all-purpose white flour, pastry flour, cake flour, self-raising flour, steel ground flour, stone ground flour, phyllo dough, flour tortillas, semolina, gluten flour, bran, wheat germ, pumpernickel rye or oat bread, muffins, pancakes, waffles, cornbread, biscuits, rolls, fritters, hush puppies, bagels, dumplings, wontons, pasta, chow mein noodles, spinach noodles, vermicelli, crackers, Zwieback, rusk, many breakfast cereals	Breads made with oat, rye, rice, soy, potato or corn flour <u>only</u> , corn tortillas and taco shells, all rice, rice noodles, corn pasta, rice cereal, oat cereal, corn cereal, grits
Desserts	Cakes, pies, cookies, pastries, donuts, fortune cookies, malt balls, licorice, ice cream cones, some puddings and custards	Gelatin, pudding, ice cream, frozen yogurt, custard
Fats	Sauces and gravies thickened with flour, breaded or coated fried foods	Butter, margarine, shortening oil, cream, sour cream, cream cheese, mayonnaise, salad dressing
Fruits and Juices	Fruit pie, cobbler, crisp and fritters	All plain, fresh, canned & frozen fruits
Meat and meat substitutes	Some lunch meats, sausages and frankfurters, breaded meat, croquettes, egg rolls, turnovers, stews, chili, casseroles, meat pies, meat gravy, stuffed peppers, stuffed cabbage, meatballs, meatloaf, burritos, frozen or canned dinners, meat extenders, vegetarian meat analogs	All plain meat, fish, poultry, eggs, cheese, peanut butter, dried beans, peas and lentils, tofu, cottage cheese

Eating a wheat-free diet (continued):

Food Group	Foods to Avoid	Foods Likely Allowed
Dairy	Malted milk, malted milk shakes, breakfast yogurt containing granola	Milk, buttermilk, cream cheese, cheese, yogurt, ice cream, cottage cheese
Potato and starches	Frozen Tator Tots®, scalloped or au gratin potato mixes, stuffing, dumplings, pasta, couscous, wontons, chow mein noodles, spinach noodles, matzoh, prepared rice mixes, bread crumbs, prepared breading mixes	Rice, plain potatoes, hominy, grits, corn, rice pasta, corn pasta
Vegetables	Batter fried vegetables, tempura or pakora style vegetables, textured vegetable protein (TVP)	Plain fresh, canned or frozen vegetables
Miscellaneous	Soy sauce, tamari, miso, shoyu, many bouillon cubes, pretzels, nut meal, sesame sticks, croutons, dry seasoning mixes such as taco, chili	Herbs and spices, catsup, mustard, steak sauce, vinegar

General tips:

- A wheat-free diet may be low in iron, fiber and zinc unless supplemented with other enriched cereal grains.
- Celiac disease and wheat allergy are two different conditions. Celiac disease requires a lifelong restriction of gluten found in wheat, rye and barley. Wheat allergy involves an immune system response to wheat protein. These individuals must avoid only wheat. Most children outgrow a wheat allergy.
- Wheat flour is sometimes flavored and shaped to look like meat, especially in Asian dishes.

Cooking and baking tips:

A combination of wheat-free flours usually works best. Try substituting 1 cup wheat flour with one of the following:

- 7/8 cup rice flour
- 5/8 cup potato flour
- 1 cup soy flour plus 1/4 cup potato flour
- 1 cup corn flour

or substitute 3 cups wheat flour with one of the following:

- 2 cups rice flour plus 2/3 cup potato flour plus 1/3 cup tapioca flour
- 2 1/3 cups rice flour plus 2/3 cup potato flour

Wheat-free Label Reading – Avoid foods that contain wheat

Avoid foods with any of these ingredients:	Ingredients that may indicate presence of wheat:
Bran	Hydrolyzed plant protein
Bread crumbs	Hydrolyzed vegetable protein
Bulgur	Kamut
Cereal extract	Maltodextrin
Couscous	Matzo meal
Crackers, cracker meal	Modified food starch
Dextrin	Modified starch
Durum	Pasta
Einkorn	Seitan
Emmer	Semolina
Enriched flour	Soy sauce
Farina	Spelt
Flavoring, natural and artificial	Stabilizers
Flour	Starch
Gelatinized starch	Triticale
Gluten	Vegetable gum
Graham flour	Vegetable starch
High protein flour	Whole wheat berries

This handout may not contain all final ingredient information due to the fact that food companies may change the contents of their products at any time. Read labels of all purchased products. When in doubt, contact the food manufacturer for the final ingredient listing.

To review this information with a registered dietitian, please call (916) 614-4979.