



Wheat Allergy Helpful Hints

Wheat Allergy: You have been diagnosed with a wheat allergy. The only treatment for wheat allergy is to strictly avoid all food products that contain wheat as an ingredient. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain wheat as an ingredient must list the word “wheat” on the product label.

Label reading tips: Any of the following foods or ingredients listed on the label indicates the presence of wheat or wheat ingredients and must be avoided.

- Bulgur
- Cereal extract
- Cracked wheat
- Durum flour
- Emmer
- Einkorn
- Farina
- Farro
- Flours made from wheat (including all-purpose, bread, cake, enriched, graham, high-gluten, high-protein, pastry, and wheat)
- Kamut
- Semolina
- Spelt
- Sprouted wheat
- Triticale
- Vital gluten
- Wheat
- Wheat berries
- Wheat bran
- Wheat germ
- Wheat gluten
- Wheat malt
- Wheat starch

Other products that may contain wheat: Check labels of the following foods and products carefully.

- Ale, beer
- Breads and rolls
- Battered and coated foods
- Other baked goods
- Bread crumbs
- Cereals
- Couscous
- Pancakes and waffles
- Pasta
- Tortillas (made from flour)

Ingredients that DO NOT contain wheat protein (always read the label):

- Almond meal
- Arrowroot
- Barley
- Buckwheat
- Chickpea flour
- Corn
- Fava bean flour
- Flaxseed meal
- Millet
- Oat
- Potato starch
- Quinoa
- Rice
- Rye
- Sorghum
- Soy flour
- Tapioca
- Teff

Nutrition Considerations: Wheat and wheat products are good sources of B-vitamins, iron and fiber. Your child will need to eat alternative grains to replace the nutrients that wheat provides.

- **B-vitamins:** Enriched rice, corn, or oat cereals.
- **Iron:** Instant grits, instant oatmeal, white rice, lentils, white beans, spinach, beef, soy milk, almonds.
- **Fiber:** Beans, pears, quinoa, baked potato with skin, berries, peas, apple, dates.

Cooking Tips:

To replace 1 Tbsp wheat flour as a thickener:

- 1 ½ teaspoons cornstarch, potato flour, or rice starch
- 1 tablespoon brown or white rice flour
- 2 tablespoons quick cooking tapioca
- 2 tablespoons tomato paste or vegetable puree

To replace 1 cup wheat flour in a recipe:

- ¾ cup + 2 tablespoons rice flour
- ½ cup potato starch flour + ½ cup soy flour
- 1 cup corn flour
- 1 scant cup fine corn meal
- ¾ cup coarse corn meal

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