



## Wheat Allergy

Wheat is found in many foods, and often in foods we do not suspect. Avoiding wheat is essential for people with confirmed wheat allergy. It is important to read and understand food labels to be able to choose the right foods.

**The following foods and ingredients CONTAIN wheat and should be avoided:**

|              |              |               |
|--------------|--------------|---------------|
| Atta flour   | Graham flour | Wheat         |
| Bulgar       | Kamut        | Wheat bran    |
| Burghul      | Matzoh       | Wheat flour   |
| Couscous     | Seitan       | Wheat germ    |
| Cracker meal | Semolina     | Wheat meal    |
| Durum        | Spelt        | Wheat starch  |
| Farina       | Tabouleh     | Wheat berries |
| Gluten       | Triticale    |               |

**Check labels on the following foods to see if they contain wheat and if they do, avoid them:**

|                                |                                    |                      |
|--------------------------------|------------------------------------|----------------------|
| Baked goods                    | Flavouring (natural/artificial)    | Pastry/tarts         |
| Battered foods                 | Hydrolysed vegetable protein (HVP) | Playdough            |
| Beer                           | Ice cream cones                    | Processed meats      |
| Biscuits                       | Icing sugar                        | Rusks                |
| Bread (other than gluten free) | Instant drink mixes                | Sauces/gravy mixes   |
| Breadcrumbs                    | Liquorice                          | Soy sauce            |
| Breakfast cereal               | Lollies                            | Soups                |
| Cakes/muffins                  | Malt, malted milk                  | Snack foods          |
| Canned soups/stocks            | Meat/seafood substitutes           | Starch               |
| Cereal extract                 | Multigrain or wholemeal foods      | Stock cubes          |
| Coffee substitutes             | Mustard                            | Surimi               |
| Cornflour (from wheat)         | Pancakes/waffles                   | Vegetable gum/starch |
| Donuts                         | Pasta/noodles                      |                      |

The following ingredients are all made from wheat (caramel colour, dextrose, glucose powder, and glucose syrup), but may be tolerated by some people with wheat allergy.

**Gluten free foods**

Gluten is one of many proteins in wheat, barley, oats and rye. Most people with wheat allergy can tolerate oats, but the decision to include certain foods should be discussed with a clinical immunology/allergy specialist.

Approximately 20% of people with wheat allergy may be allergic to other gluten containing cereals such as barley, rye or oats.

Ask a clinical immunology/allergy specialist if all gluten containing foods should be avoided.

People with wheat allergy should carefully check the labels of all products, including those that are gluten free.

**Wheat alternatives**

The biggest challenge when avoiding wheat is finding alternative breads, cereals and pasta.

The following table outlines some substitutes:

| <b>Instead of:</b>   | <b>Use:</b>   |         |         |
|--|---|---------|---------|
| Breads, cereals, pastas made from wheat flours and grains. | Breads, flours, cereals, pastas made from:  |         |         |
|  | Amaranth  | Lentil  | Quinoa  |
|  | Arrowroot   | Lupin   | Rice    |
|  | Barley  | Millet  | Rye     |
|  | Buckwheat   | Oat     | Sago    |
|  | Chickpea (besan)  | Pea     | Soy     |
|  | Coconut   | Polenta | Sorghum |
|  | Corn  | Potato  | Tapioca |
| Gluten-free flours   | Psyllium  |         |         |
| Snacks such as muesli bars and muffins                     | Rice and corn crackers/cakes, gluten free savoury biscuits and crackers           |         |         |
| Treats such as biscuits and chocolate                      | Plain salted potato chips, corn chips, rice chips, and gluten free sweet biscuits |         |         |
| Beer   | Brands made from hops or barley   |         |         |

**The food lists included in this document are not exhaustive. People with food allergy should check foods labels each time products are purchased,.**

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