

## Dietary avoidance – wheat allergy

Wheat is found in many foods and often in foods we do not suspect. Avoiding wheat is essential for individuals with confirmed wheat allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate 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
Cous cous	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)	Pasta/noodles
Battered foods	Hydrolysed vegetable protein (HVP)	Pastry/tarts
Beer	Ice cream cones	Playdough
Biscuits – sweet and savoury	Icing sugar	Processed meats
Bread (other than gluten free)	Instant drink mixes	Rusks
Breadcrumbs	Liquorice	Sauces/gravy mixes
Breakfast cereal	Lollies	Soy sauce
Cakes/muffins	Malt, malted milk	Soups
Canned soups/stocks	Mustard	Snack foods
Cereal extract	Meat/seafood substitutes	Starch
Coffee substitutes	Multigrain or wholemeal foods	Stock cubes
Cornflour (from wheat)	Pancakes/waffles	Surimi
Donuts		Vegetable gum/starch

### The following ingredients are made from wheat but are tolerated by individuals with wheat allergy:

- Caramel colour.
- Dextrose (from wheat).
- Glucose powder (from wheat).
- Glucose syrup (from wheat).

### Gluten free foods

- Gluten is one of many proteins in wheat, barley, oats and rye. Most individuals with wheat allergy can tolerate oats, but the decision to include should be discussed with your allergy specialist.
- Approximately 20% of individuals with wheat allergy may be allergic to other cereals (such as barley, rye or oats).
- Ask your allergy specialist if you need to avoid all gluten containing foods or just wheat.
- Gluten free products are suitable for individuals with wheat allergy.

## Wheat alternatives

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

The following table outlines some suitable substitutes:

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

**NOTE: The food lists included in this document are not exhaustive lists and individuals with food allergy should always check foods labels each time products are purchased.**