

Wheat Allergy

Avoid:

- Most commercial bread products and pastas, including muffins, pancakes, rye bread, corn bread, noodles, dumplings and crackers. Semolina, durum, triticale, and graham are types of wheat and also need to be avoided.
- Check all cereals for flour or whole wheat
- Flour tortillas
- Regular soy sauce (kikoman, teriyaki, etc.) has wheat
- Suspect all sauces, gravy, thickened soups, stews and chili
- Foods with any kind of battering or coating. Fried chicken, shrimp, egg rolls, and even some French fries (coated ones) need to be avoided. Many fish and chicken entrees are lightly dusted with flour before cooking.
- Miscellaneous items to check: ice cream, potato chips, corn chips, rice cakes, spices, alcohol – especially beer and whiskey and any malted drinks, extracts added with alcohol, processed meats including sandwich meat, marinades and salad dressings.

If in doubt, ask your waiter to check for you!

Substitute:

- Spelt bread or any spelt products, 100% rye bread, 100% millet, amaranth, rice, or tapioca bread. Kamut flour is also a wonderful substitute. (If you like to bake your own, try Glutenfree Pantry baking products or Bob's Red Mill GF line)
- Pastas made from spelt, rice, amaranth, corn and quinoa
- Puffed rice, oats, cornmeal, kamut flakes, buckwheat, mesa flakes
- 100% corn tortillas, spelt tortillas
- Wheat free tamari
- Use cornstarch, potato starch, rice flour, tapioca flour, or a wheat free flour as thickener
- Grilled foods are usually wheat free as are some stir fry entrees

Note; oats, rye, barley, and spelt are often OK but should be tested for reactivity in people who are wheat allergic because they contain similar or identical proteins as found in wheat.