

Wheat Allergies

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Remember to **ALWAYS** read food labels carefully and watch for hidden allergens. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to wheat:** (This is not an exhaustive list.)

Baking mixes (most)

Crackers

Cream sauces

Enriched flour

Farina

Flour tortillas

Gluten

Gravy

Graham flour

Hot dogs (some)

Macaroni

Modified food starch

Noodles

Pastas

Postum/malted milk

Salad dressings (some)

Sausages

Soy sauce

Spaghetti

Vegetable gum

Vegetable starch

Wheat

Wheat bran

Wheat germ

Substitutes

Barley flour

Cornstarch

Corn tortillas

Oat bran

Oatmeal/Oats

Polenta

Popcorn

Potato flour

Rice

Rice cakes

Rice flour

Tapioca

Wheat-free breads/crackers

Wheat-free cereals

Wheat-free pasta

Alternative food sources that provide important nutrients if avoiding wheat:

Complex carbohydrates, B-vitamins, fiber:

other whole grains, corn, barley, millet, rice, oats, potatoes

Note on celiac disease:

In addition to wheat, barley and rye contain the gluten protein that must be avoided by those with celiac disease.

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