

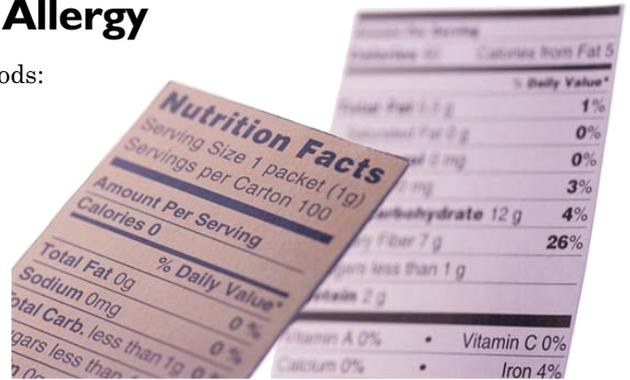
## Reading a Label for Wheat Allergy

Wheat is a major part of our diet. It can be found in these foods:

- Breads
- Cereals
- Pastas
- Crackers
- Snack foods
- Lunch meats
- Sauces
- Cakes
- Cookies

### The Food Label

Wheat is required to be listed on the Nutrition Facts food label. The label will either say “wheat” in the ingredient list or say “contains wheat” below the ingredient list.



The following ingredients **contain wheat and are not safe.**



- Bran
- Bread crumbs
- Bulgur
- Cereal extract
- Club wheat
- Couscous
- Cracker meal
- Durum, durum flour
- Enriched flour
- Farina (cream of wheat)
- Gluten
- Graham flour
- High gluten flour
- High protein flour
- Seitan
- Semolina
- Soft wheat flour
- Spelt
- Triticale
- Vital gluten
- Wheat (bran, germ, gluten, malt, starch)
- Whole wheat berries
- Whole wheat flour
- Wheat grass

The following foods or ingredients **may contain wheat.** If there is wheat in the product, it will be listed on the label. You may also check with the product maker to be sure.

- Artificial flavorings
- Dextrins
- Flavoring
- Food Starch
- Gelatinized starch
- Ground spices
- Hydrolyzed vegetable protein
- Kamut
- Modified food starch
- Modified starch
- Mono and diglycerides
- Monosodium glutamate (disodium phosphate)
- Natural flavoring
- Soy sauce
- Spices
- Starch
- Surimi (imitation crab meat)
- Vegetable gum
- Vegetable starch

Kamut and spelt are ancient wheat grains. Some say they are less allergenic than wheat, but some people with wheat allergy have reacted to these grains. **Avoid eating kamut and spelt.**

### Wheat Substitutes

Substitutes for wheat can include products made from oats, rice, rye, barley, corn, buckwheat, amaranth and quinoa. Many of these can be found in health food stores.

Here are some simple ways to make your own wheat substitute to use in baked products. Try different blends until you find what you like best.

#### 1 cup wheat equals:

- $\frac{7}{8}$  cups rice flour (good for items with a crunchy texture)
- OR**
- 1 cup barley flour (good for quick breads)
- OR**
- 1 cup oat flour (good for quick breads)
- OR**
- $\frac{5}{8}$  cup potato starch flour
- OR**
- 1 cup corn flour or meal
- OR**
- $\frac{3}{4}$  cup amaranth flour plus  $\frac{1}{4}$  cup either arrowroot, tapioca or potato starch.

